

TAKING IT TO THE STREETS
BUSKERFEST TIME IN OTTAWA {page 4}

FROM FUNNY TO FUNKY
WAHLBERG TAKES COMIC TURN {page 15}



MOM ADMITS TO KILLING 8 BABIES
CHARGES LAID
{page 11}

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Global warming still happening: Scientists

- Temperature increase of one degree Fahrenheit over 50 years has already altered the planet, report claims
- Last month was warmest June on record, and 2010 has had warmest January-June since record keeping began

Scientists from around the world are providing even more evidence of global warming.

"A comprehensive review of key climate indicators confirms the world is warming and the past decade was the warmest on record," the annual State of the Climate report declares.

Compiled by more than 300 scientists from 48 countries, the report said its analysis of 10 indicators that are "clearly and directly related to surface temperatures, all tell the same story: Global warming is undeniable."

Concern about rising temperatures has been growing as atmospheric scientists report rising temperatures associated with greenhouse gases released into the air by human processes. At the same time, skeptics have questioned the conclusions.

The new report, the 20th in a series, focuses only on global warming and does not specify a cause.

"The evidence in this report would say unequivocally yes, there is no doubt," that the Earth is warming, said Tom Karl, the transitional director of the planned NOAA Climate Service.

Deke Arndt, chief of the Climate Monitoring Branch at the National Climatic Data Center, noted that the 1990s were the warmest decade on record. But each year in the 2000s has been warmer than the '90s average, so the first 10 years of the 2000s is now the warmest decade on record. THE ASSOCIATED PRESS



Music. Chamberfest

▶The Gryphon Trio's cellist Roman Borys and violinist Annalee Patipatanakoon, perform in Constantinople with vocalists Maryem Tollar, front, and Patricia O'Callaghan at the Museum of Civilization Thursday. The multi-media spectacular, performed at the museum as a part of Chamberfest, has played to sold-out audiences in North America and the U.K.

TRACEY TONG/METRO OTTAWA

Musicians bringing Constantinople to Ottawa

Environment

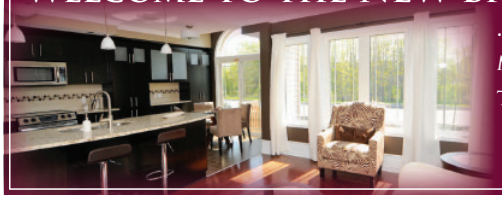
Mich. spill larger than estimated?

- Governor warns of 'tragedy of historic proportions' should oil spread {page 7}

No paper Monday

Metro will not publish Monday, but will return Tuesday. See pages 2 and 20 to find out what's going on in Ottawa this weekend.

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1 news

City needs 'retro-fit,' says Doucet

The previous hundred years have been the richest century humanity has ever known.

In that time, the population of Ottawa tripled as it grew from a lumber town into an amalgamated megacity.

But the world is changing, and mayoral candidate Clive Doucet wants to make sure Ottawa is prepared to meet the challenges coming in the next century.

Doucet said the next century will be distinguished by dwindling oil reserves and near-stagnant population growth.

"What is going to make successful cities is how they cope with the problems of less oil, less resource and less population," he said Thursday at an event to open his campaign office on Wellington Street in Hintonburg.

"I want to start the process of retro-fitting Ottawa to prepare it for a world where gasoline and diesel fuel is really expensive."

To do that, the city needs to quickly build surface light rail to every corner of the city, he said, so people can still get around the city when gas prices start to spike. The city also needs be much greener and more walkable, said Doucet.

TIM WIECLAWSKI

TIM WIECLAWSKI/METRO OTTAWA



▶ Mayoral candidate Clive Doucet said he is concerned by the lack of urgency in the city when it comes to big issues like light rail and climate change.

News on the move

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It's Called Football welcomes Vancouver writer Marc Weber to discuss the Whitecaps' march towards MLS. More at metronews.ca/blogs

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ScanLife

Chairman Mao and Ted Kennedy get starring roles in global political cartoon contest. Scan code for local news

Ottawa's sights beckon on long weekend

Balmy weather brings more people downtown, says official



TRACEY TONG
@METRONEWS.CA

With the long weekend upon us, the city's tourism industry, businesses and restaurants are gearing up for more guests than usual as visitors make the most of their time off.

"Once the weather's nice, it gets pretty busy down here for sure," said Michael Read, who works for Capital Cruises.

Although most of the tourists Read meets are from out of town, locals taking 'staycation' time are also taking advantage of the attractions here.

"We find that a lot of local people haven't actually toured around a lot down here," he said. "They live around here, but have never actually gone to the Parliament buildings."

The uOttawa student has unexpectedly found himself an unofficial ambassador for the city.

"A lot of people ask where I like to eat. I'll usually send them in the direction of the Market, because there's a lot of variety in the area."

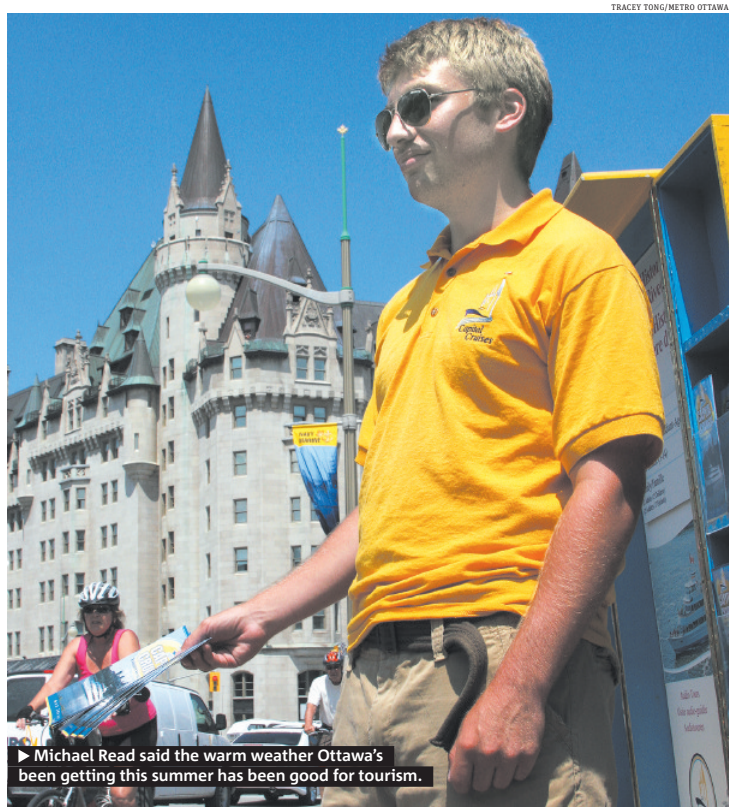
"People are looking for bus tours and museums and galleries. A lot of people are interested in the War Museum and the Museum of Civilization."
MICHAEL READ

The ByWard Market is seeing more activity than last year, said Paolo Copelli, markets co-ordinator with the City of Ottawa.

The William Street pedestrian plaza, which continues through August, may have something to do with it.

"People are enjoying the space, and they like the fact that they can relax there and watch the buskers perform. It's a positive addition to the market lifestyle."

TRACEY TONG/METRO OTTAWA



▶ Michael Read said the warm weather Ottawa's been getting this summer has been good for tourism.

Vandals target defence lawyers

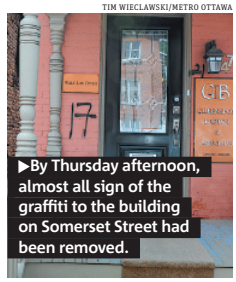
The lawyers representing the men accused of blowing up the Royal Bank branch on Bank Street earlier this year have become a target of vandalism.

On Thursday, police arrested a city man after the 470 Somerset St. W. offices of Greenspon, Brown and Associates had been comprehensively covered in cryptic black spray paint messages early Tuesday morning.

Lawrence Greenspon, who is representing Roger Clement, had stated that he believes the vandalism was done because he is defending one of the men accused in the firebombing.

Malcolm Miller, 53, appeared in court on Thursday charged with mischief under $5,000 and breach of probation.
TIM WIECLAWSKI

TIM WIECLAWSKI/METRO OTTAWA



▶By Thursday afternoon, almost all sign of the graffiti to the building on Somerset Street had been removed.

News in brief

Pedestrian safety in focus

TRAFFIC. Ottawa police are focusing on pedestrian safety and cracking down on red light-running next month as part of the city's selective traffic enforcement program. Between 2005 and 2009, 32 pedestrians were killed on Ottawa roads in traffic collisions.
TRACEY TONG

Fire dislodges family of five

BLAZE. A family of five was displaced following a fire at 1059 Connaught Ave. early Thursday morning. The fire caused $100,000 in damages. One resident suffered minor burns to the hands.
TRACEY TONG



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* Terms of service apply.



▶It's a squeeze, but Australian contortionist Emma Kerger, better known as Bendy Em, somehow manages to squeeze into a 16-inch square box balanced seven feet in the air as the grand finale of the show. Bendy Em will be twisting herself into mind-boggling positions three times per day during her first-ever visit to Buskerfest.

Tens of thousands expected to attend this weekend's Ottawa International Busker Festival ◐ Performers coming to Sparks Street from all over the world

International Buskers



TRACEY TONG
@METRONEWS.CA

When Zimbabwean-born Nellie Collins first came to Rachele Wildmare for violin lessons, the Australian musician had no idea what was coming next.

The performer had already been learning the violin, but wanted to brush up on his skills for a particular stunt, Wildmare said Thursday.

"I taught him for a period of time and we began swapping skills and we realized that we had a show."

Four years later, Collins and Wildmare are Strings on Fire, making their Ottawa debut with a show called Liqueur Flambé at the Ottawa International Busker Festival over the long weekend.

Collins, a marine biologist who found a love for performance art early on, calls the show "a romantic circus cabaret."

The duo is known for performing balancing acts while playing the violin. They are also set to perform in Halifax, Port Credit and Toronto this summer.

"It's (the Ottawa venue's) very well regarded. The international buskers know about it. It's a good festival to do. That's why we're here, all the way from Australia."

RACHELE WILDMARE ON BUSKERFEST

TIM WIECLAWSKI/METRO OTTAWA



TRACEY TONG/METRO OTTAWA



▶Nellie Collins , bottom, as Captain Finhead and Rachele Wildmare as Madame Stradivarius perform at Buskerfest Thursday.

Five sites



Dozens of buskers are performing at five sites over the five days of Buskerfest. They include:

- **Hot stuff** The Fireguy, who performs fire juggling on a skateboard, fire eating and launching off a ramp through a flaming star
- **Sideshow** Karnival of the Bizarre, a sideshow with stunts including bug eating, fire spinning and rapid-fire whip cracking
- **On two wheels** Bike Boy, who performs bicycle stunts and incredible juggling tricks
- **Swallow hard** Thom Sellectomy, part sideshow and part stand-up comedy, with sword swallowing
- **Magic** Jeff Hill's magic show

60 seconds



▶ Mama Lou, American Strong Woman

STRONG MAMA

Mama Lou is performing three shows per day all weekend during Buskerfest.

How did you become Mama Lou, American Strong Woman?
It took me six months of trying to rip a phonebook. When I finally got it, I was so excited that I had two pieces, I duct taped it to my wall … That's when I realized I had it in me to be a real strong woman.

TIM WIECLAWSKI

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LAW AND ORDER

Cop gets seven days to resign

An Ottawa police officer accused of unlawfully using CPIC, and then divulging the information, has been given seven days to resign from the force or face dismissal.

The decision was rendered in a hearing Thursday by retired deputy chief Terence Kelly, who was overseeing the Police Services Act charges against Ottawa Police Const. Harinderpal Mamak.

Mamak, who pleaded not guilty when the trial began in February 2008, was found guilty of one count of insubordination and one count of breach of confidence last year.

Mamak, who has been suspended from duty with pay since December 12, 2007, has 30 days to appeal the decision.

TRACEY TONG

Regin resigns with Sens

The Ottawa Senators have re-signed forward Peter Regin to a two-year contract.

Regin, 24, played his first full National Hockey League season with the Senators in 2009-10, contributing 29 points (13 goals, 16 assists) and 20 penalty minutes in 75 games.

TRACEY TONG

Experts talk on salt intake

The movers and shakers of the health and business communities want to pinch Canadians' penchant for salt. A panel of experts offered six general and 27 specific recommendations on reducing people's salt intake. The group, chaired by Health Canada, released its long-awaited report here Thursday. THE CANADIAN PRESS

Passport to Prana getting hip in Ottawa

Popular yoga passport returns to capital for second year



TRACEY TONG
@METRONEWS.CA

Maybe it's the blend of "urban, hip and metropolitan" and the "natural beauty" that makes yoga so popular in Ottawa. YuMee Chung isn't sure.

But the co-founder of Passport to Prana does know that Ottawa is "a great up-and-coming yoga community."

Passport to Prana — which gives card carriers a one-time entry into more than a dozen yoga studios in the region for little more than the price of a single walk-in class — is back, and Chung is sure this year will be even more successful than the last.

"It had a warm reception in Ottawa," she said of the program. "There are a lot of active people here."

The card, which is available at yoga studios and online, allows people to try different styles of yoga, said Chung.

"We're making yoga available to everyone regardless of economic background," she said.

"Yoga has certainly ceased to be a niche activity."
YUMEE CHUNG

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SUBMITTED PHOTO



▶ Yoga teacher YuMee Chung said benefits of yoga include increased strength and flexibility, stress reduction, improved sleep, poise and grace.



Pedals. For hire



▶ A man removes a Villo bike from a rack in Brussels.

MATTHEW BUSCH/THE ASSOCIATED PRESS

Wheeling and dealing a ride

City-run bike rentals are becoming more and more popular in major cities across Europe. In Brussels, you can rent a bike with the swipe of a card.

Cutting wait times with more cash

Ontario is spending $100 million to improve patient flow Matthews: 'I'm so encouraged by the results'

Health Minister Deb Matthews is expanding a government program that gives Ontario emergency rooms extra cash to cut their wait times.

The province is spending $100 million this year to help 71 high-volume ERs reduce the amount of time patients wait to be treated and discharged, she said.

"I'm so encouraged by the results participating hospitals have achieved since we launched the Pay For Results program in 2008," Matthews said.

"I'm excited to expand this program."

About $60 million will be spent on projects aimed at decreasing wait times, such as adding staff and renovating ERs to improve patient flow.

The remaining $40 million is an "incentive" fund to reward hospitals that improve their wait times.

126

About 126 hospitals report their ER wait times to the government, which has set a target of four hours for minor conditions and eight hours for complex ones.

THE CANADIAN PRESS

Michigan spill puts lake on brink of 'tragedy'

U.S. officials believe an Enbridge oil spill that has contaminated a major Michigan river is larger than first estimated.

The governor is warning of a "tragedy of historic proportions" should the oil reach Lake Michigan some 130 kilometres away — and the vacation communities that depend on it.

The Environmental Protection Agency said it believes more than 3.8 million litres of oil leaked from a pipeline into Talmadge Creek, which feeds the Kalamazoo River.

Enbridge Inc., the Calgary-based energy transport giant, oversees the pipeline.

The oil has killed fish, coated other wildlife and emitted a strong, unpleasant odour.

Workers and contractors are using vacuum trucks and absorbent booms to contain and clean the spill, and the company is bringing in more help, said Enbridge spokesperson Lorraine Grymala.

THE ASSOCIATED PRESS

JONATHON GRUENKE/THE ASSOCIATED PRESS



▶ A soaked muskrat is headed for cleaning.

Spilling numbers

1 A 3-million-litre spill would fill 4-litre jugs lined side by side for nearly 110 kilometres.

2 It also could fill a walled-in football field with just under 60 centimetres of oil.

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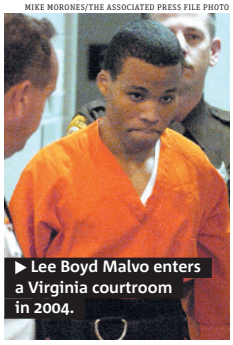


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Surviving DC sniper opens up in TV interview

Televised talk reveals sniper duo had co-conspirators
Interviewer Shatner says Malvo's story fascinated him

MIKE MORONES/THE ASSOCIATED PRESS FILE PHOTO



▶ Lee Boyd Malvo enters a Virginia courtroom in 2004.

Convicted DC snipers Lee Boyd Malvo and John Allen Muhammad were supposed to have had help carrying out their deadly attacks, and they may have been involved in more shootings than authorities suspected, according to an interview with actor William Shatner that aired Thursday.

In a telephone call from a Virginia prison, Malvo told Shatner two others planned to help with the killings but they backed out and at least one was killed.

Also, Neil Blumberg, a psychiatrist who worked with Malvo, said he confessed to at least 42 shootings during the spree that culminated with 13 shootings and 10 deaths over a three-week span in 2002.

Previously, Malvo and Muhammad had been linked to as many as 27 shootings resulting in 17 deaths in 10 states and the District of Columbia.

Malvo's statements have been inconsistent in the past, and authorities have cast doubt on some of his reported confessions since he was sentenced to life in prison. Muhammad was executed in Virginia last year.

The sniper-style attacks all but paralyzed the nation's capitol, as people were shot at random while going about their everyday life — pumping gas, buying groceries, and, for one young boy, as he went to school. The shooters used a high-powered rifle, firing from the trunk of a modified Chevy Caprice until they were tracked down in Maryland. THE ASSOCIATED PRESS

Pakistan. Floods



▶ A Pakistani villager with his daughter moves through flood waters to a safe place.

MOHAMMAD SAJJAD/THE ASSOCIATED PRESS

Monsoons wreak havoc

Rivers burst their banks during monsoon rains, washing away streets, battering a dam and killing at least 60 people in the most severe floods in decades in northwest Pakistan, officials said Thursday.

Japan's oldest man found to be long dead

A man listed as the oldest living male in Tokyo in fact died some 30 years ago, city officials said after his body was found mummified in his bed.

Police visited the home of Sogen Kato at the request of ward officials updating their list of centenarians ahead of Respect for the Elderly Day in September. Kato was born July 22, 1899.

Welfare officials have tried to meet Kato since earlier this year, but his family members repeatedly chased them away, said Tomoko Iwamatsu, an official at Tokyo's downtown Adachi Ward, where Kato lived.

Officials grew suspicious and sought an investigation by police, who forced their way into the house Wednesday. Police said the mummified body believed to be Kato was lying in his bed, wearing underwear and pyjamas, covered with a blanket. THE ASSOCIATED PRESS



Tight security for Chelsea's wedding day

Local airspace over location will be restricted for 12 hours Local No chances being taken with VIP guests

Chelsea Clinton's wedding along the Hudson River will be under a no-fly zone.

Clinton, the daughter of former President Bill Clinton and Secretary of State Hillary Rodham Clinton, will wed investment banker Marc Mezvinsky on Saturday evening in Rhinebeck, about 145 km north of New York City.

The Federal Aviation Administration says local airspace will be restricted from 3 p.m. Saturday to 3:30 a.m. Sunday.

FAA spokesman Jim Peters said Thursday that decisions to restrict air space are made in consultation with other federal agencies. He could not confirm whether the Secret Service requested this one.



▶ U.S. Secretary of State Hillary Clinton and daughter Chelsea at the Clinton Global Initiative in New York last year.

Security experts said the list of people qualifying for VIP status is limited to the highest of government officials — and that former president Bill Clinton and Secretary of State Hillary Rodham Clinton would qualify. There were no indications Thursday that access to the Hudson River near the estate was being similarly restricted.

THE ASSOCIATED PRESS

PHILLIP Van Leeuwen

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The day that killed Hiroshima

Hiroshima and Nagasaki remain the only cities to have been attacked with nuclear weapons



ELISABETH BRAW
NEWS@METRONEWS.CA

On Aug. 6, 1945, Noriko Ueda was a 13-year-old girl going about her daily duties at a printing shop in Hiroshima.

Suddenly the earth shook. The United States had dropped an atomic bomb on the Japanese city. Ueda only received slight injuries, but she soon found out that her father, mother and sister had been buried under the family's house. Before long over 90,000 people — estimates range to over 160,000 — were dead, most of them from burns and radiation.

Ueda's family was lucky: Both her mother and father were able to walk. That her mother's body was full of shards from shattered windows was a small concern as the family made its way past corpse after corpse, trying to reach safety in the nearby mountains.

"I saw a naked man who looked like a ghost running through he streets, but somehow the corpses didn't bother us that much," says Ueda.

That reality was that Hiroshima was destroyed. The United States under President Harry Truman, in an effort to end the Second World War more quickly, had released the most lethal weapon known to man. Three days later the United States dropped an atomic bomb on Nagasaki, resulting in the deaths of some 60,000-90,000 people.

"The United States had tested bombs and knew what the physical impact would be," explains Princeton history professor Michael Gordin.

"But they didn't think of the injuries radiation would cause."



U.S. ARMY

▶ Hiroshima after the atomic bomb was dropped.

But the U.S. succeeded its goal of ending the war: On Aug. 14, Japan capitulated.

"Initially there was almost no negative reaction against the bombs," says Gordin.

Today, however, Hiroshima and Nagasaki represent the unnecessary cruelty of war.

"President Truman never said he regretted using atomic bombs, but during the Korean War several years later he chose not to use atomic bombs, apparently for moral reasons," says Gordon.

"Then, when the Soviets developed nuclear weapons, using them became too dangerous."

Ueda's family never found her sister; to this day, they don't know what happened to her. Today, Ueda gives tours to school classes at Hiroshima's Peace Memorial Museum.

"I see myself as a witness of history because I have the good fortune to be alive," she explains.

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Wildlife. Weigh-in



▶ A month-old Amur leopard cub gets weighed.

SEBASTIAN WILLNOW/THE ASSOCIATED PRESS

Peek-a-Boo, I can see you

A female Amur leopard cub — also known as the Manchurian leopard — looks out of a bucket while it is weighed at the zoo in Leipzig, Germany, Thursday. The leopard was born on June 24 and hasn't been named yet.

Mother kills 8 babies

Horror unfolds in France as bodies of eight newborns found in plastic bags at house Woman, 46, admits to delivering then suffocating them

A French woman who admitted suffocating eight of her newborns and concealing their corpses in the garden and garage of her home has been charged with manslaughter, a prosecutor said Thursday.

Dominique Cottrez, a 46-year-old nurse's aide, said that after a bad experience with her first pregnancy she never again wanted to see a doctor.

She admitted delivering the babies herself and placing the corpses in plastic bags, burrying two in the garden and hiding the rest in the garage, prosecutor Eric Vaillant said.

"She explained that she didn't want any more children and that she didn't want to see a doctor to take contraceptives," explained Vaillant. "She was perfectly conscious ... that she was pregnant."

Cottrez and her husband were detained Wednesday after two corpses were discovered in the garden by the new owners of the house in a town in northern France.



▶ Prosecutor Eric Vaillant speaks to the media in France, Thursday, regarding the disturbing case.

Under questioning, Cottrez admitted there were six other corpses.

She is still in detention and will undergo further psychiatric testing, Vaillant said. Her husband was not charged, but remains under judicial control.

THE ASSOCIATED PRESS



Other people's money

DAVID DESCÔTEAUX



HEALTH CARE: STOP FEARING PRIVATE SECTOR

I spent an entire month in the emergency room last night. I came in carrying my four-month-old son on my shoulders. He was crying and had trouble breathing. I whispered to him: "Keep it up, son. They'll take care of us in no time." Fifteen hours later, he was still coughing. The waiting room was filled. My shoulder was sore. I started thinking about my next column.

We rely on the private sector to feed us, to dress us, to provide us with a roof over our heads.

We let private companies repair our vision and pull our teeth. But allow the private sector into a hospital? Never! We prefer letting our fellow citizens die on a waiting list.

The healthcare system is cracking and throwing money at the problem won't fix it. Competition, even if not a miracle solution, could help.

We can harness the knowledge and talent of our entrepreneurs, doctors and nurses. I say let them compete against each other in an effort to attract us into their hospital.

To succeed, they'll have to offer a better service,

"The health care system is cracking and throwing money at the problem won't fix it."

and control costs. Would this leave us with an American-style healthcare system? No. Rather, with one similar to what Europe's social-democratic countries enjoy.

In Denmark, if you wait more than one month for an operation, they send you to a private hospital.

In Sweden, the most efficient hospital, and the one most appreciated by Swedes, is listed (horror!) on the stock exchange. Swedes rich and poor get treated there, without paying a dime out-of-pocket.

In France, 40 per cent of hospitals are privately owned and for profit. Each citizen has access to these hospitals' doctors and first-class equipment — all paid for by the State.

In Belgium, the contribution of the private sector to healthcare eliminated waiting lists.

Imagine getting an appointment and seeing a doctor … the same day!

Most importantly, everyone is covered by some form of public insurance. Let me repeat: There is no two-tier healthcare.

European countries have understood that a well-regulated private sector can contribute to the provision of healthcare without sacrificing universality.

The State's role is to ensure universal coverage for its citizens, not to supply the service itself. Local entrepreneurs have talent and expertise enough to do that.



Toyota recalls Avalon for steering issue

Fix will take about two hours ◐ Steering lock bar could break ◐ Notices will go out in August

Toyota Canada will conduct what it calls a voluntary safety campaign involving about 4,200 Avalons from the 2000-2004 model years.

The automaker says there is a possibility the steering lock bar could break under certain conditions, and that no other Toyota or Lexus vehicles are involved.

Toyota says because of improper casting of the steering lock bar, a minute crack may develop on the surface and expand over a long period.

The lock bar could break, and if that happens, the interlock system may become difficult to unlock when the vehicle is stationary.

Toyota says it will replace the steering column bracket on involved vehicles, a procedure that takes about two hours to complete.

Toyota says it will notify owners by first class mail by late August to bring their vehicles in to their dealer for a free replacement of the steering column bracket.

Toyota has been plagued by a massive quality crisis this year, resulting in the recall of 9 million vehicles around the world since October, mainly in the U.S. for problems such as gas pedal defects and braking software glitches.

Lexus problems

Lexus Canada says about 520 of its LX 470 vehicles from the 2003-2007 model years may have a problem with the steering shaft.

Lexus will begin sending out notifications to owners of involved vehicles beginning in mid-August to bring their vehicles to their local dealer to have the snap ring fixed at no charge.

Cheaper Kindle models coming

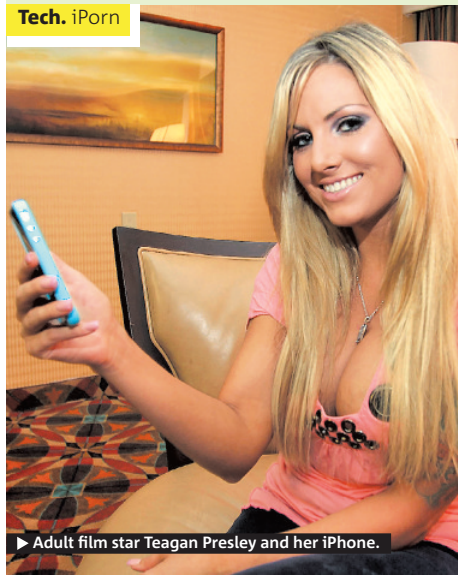
Jeff Bezos isn't just confident you'll want a Kindle e-book reader. The CEO of Amazon.com says you'll also want ones for your kid heading to college, your spouse and perhaps even Grandpa.

And despite competition from Apple Inc.'s flashy iPad and other e-readers, that future could be soon — as early as August, when Amazon.com releases two new Kindle models.

With both versions costing less than $200, Bezos expects people to buy multiple devices for their households. If he's right, the new Kindles could help cement the company's status as the reigning e-reader and e-book champ.

THE ASSOCIATED PRESS

Tech. iPorn



▶ Adult film star Teagan Presley and her iPhone.

JOHN BAZEMORE/THE ASSOCIATED PRESS

Made for each other

Since Apple Inc. launched the iPhone 4 and its FaceTime videoconference feature, it hasn't taken long for adult-entertainment companies to develop video-sex chat services and start hiring workers through Craigslist.

$99

The psychological tipping point for gadget-buying. James McQuivey, a Forrester Research analyst, says any competing device that doesn't have the Kindle's connectivity "has to drop to $99 by the end of the year."

Market moment

PRICES AS OF 5 P.M. YESTERDAY

DOLLAR	TSX	OIL	Natural gas
+ 0.22¢	+ 32.01	+ $1.37 US	1,000 cu ft
96.51¢ US	11,728.64	$78.36	$4.827
			+10.9¢
			Gold
			$1,168.40 US
			+$8

STEVE COLLINS/FOR METRO OTTAWA



▶ Barbara Clubb

5 MINUTES WITH: BARBARA CLUBB

Barbara Clubb is the Ottawa Public Library's chief librarian. Last year, she won both the Canadian Library Association's Outstanding Service to Librarianship Award and the Public Library Association's Allie Beth Martin Award for exceptional knowledge of library materials and the ability to share them.

Read any good books lately?
I sure have. I'm into Swedish novels right now, and one of the ones I read was Henning Mankell's The Man From Beijing, so that's the latest one I've read.

How do you do manage to make time for that?
I have to. I mean, I like reading but I also have to push myself to read more and more varied things. It's the nature of the job and you have to be able to have conversations and meet people on all kinds of reading levels.

You've been renovating many library branches. Can you point to a particular improvement at a particular branch that people are really going to notice?
Sunnyside was closed early this year and it will reopen Aug. 16, and what people will notice immediately is that the whole place looks a lot better and everything's been arranged more accessibly.

When is the last time you remember shushing anyone?
Oh, it's usually in a meeting, not usually in the library. That's a very interesting question because over the last 20 years or so in public libraries all over the world there's been a sort of lifting of the "cone of silence." It's about making sure that there are differentiated zones within a facility so that both the contemplative users and the boisterous users have a place, but they're not kind of moving in on each other's spaces. People feel quite comfortable having a chat.

Is there anything you're bursting to tell us about?
We're very excited about our new electronic services. People can download books and download music, etc. It's not huge, it's not 50 or 80 per cent of our usage, but we can see the numbers moving in an expanded direction every year. That we see as a really important part of the future. ● STEVE COLLINS

Cartoon

MICHAEL DE ADDER



When world stops turning

Letters & Tweets

We asked: If you could come back as a person, place or thing, what would it be?

TORONTO. If I could come back as anything it would be the Earth. Then I would proceed to stop rotating on my axis, just long enough for all you humans to fall off.

It's about time we started taking care of our planet and not being so greedy and self-centred — that we are willing to kill the place in which we live in order to get more than the next guy.
JAMES BROWN

TORONTO. I would come back as myself and live my life over again. All the highs and all the lows: Everything the same.
HEREWARD POOLEY

Re: Ex-commander wants Semrau gone (July 26)

EDMONTON. Among other things, war can be stupid.

You can kill a live enemy but not a barely alive enemy. You can kill an able-bodied person but not a disabled one. What is worse? In support of our troops, the Canadian soldier should not have been tried for murder. A soldier's aim is to kill. How foolish the ethics of war. Today's term for combat is a firefight. It's the heat that can change a soldier's perspective.
DON GORDON

Hold on tight



Which celebrity do you follow on Twitter? Why?

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Metro Minute at the Rideau Locks

The technology used to open and close the locks along the Rideau Canal hasn't changed in more than 175 years. Since the canal was completed, humans have been swinging the huge wooden gates open and closed using nothing but brute strength.

There is no better place to watch the hunky Parks Canada lock operators than at the eight locks where the canal meets the Ottawa River. Framed by the Parliament Buildings on one side and the Chateau Laurier hotel on the other, this is the largest single set of locks on the entire Rideau system. While there, visit the Bytown Museum.
● TIM WIECLAWSKI

Three days to play

WHAT ARE YOUR PLANS FOR THE LONG WEEKEND?



Al Rosher
OTTAWA
Just staying home, looking after my newborn twins.



Steven Schumann
OTTAWA
Playing some golf, biking and enjoying the last nice long weekend.

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$2,000 GM CARD MAX. REDEMPTION ALLOWANCE‡



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HWY: 8.4L/100KM • 34MPG CITY: 12.7L/100KM • 22MPG†

2010 GMC TERRAIN SLE

MSRP $28,959

EMPLOYEE PRICING

$26,652*

INCLUDES FREIGHT, PDI & FEES



SLT-2 model shown††

★★★★★ HIGHEST POSSIBLE U.S. GOVERNMENT CRASH SAFETY RATING†

HWY: 6.1L/100KM • 46MPG CITY: 9.2L/100KM • 31MPG†

$1,500 GM CARD MAX. REDEMPTION ALLOWANCE‡

2010 GMC SIERRA NEVADA EDITION EXT. CAB

MSRP $34,854

EMPLOYEE PRICING

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$2,000 GM CARD MAX. REDEMPTION ALLOWANCE‡

PLUS $1,500 IN CHROME ACCESSORIES ON US**



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HWY: 10.5L/100KM • 27MPG CITY: 15.3L/100KM • 18MPG†

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Employee price discount is available on the purchase/finance of an eligible new or demonstrator 2010/2011 MY Chevrolet/Buick/GMC/Cadillac or 2010 MY Pontiac/Hummer vehicle delivered between 6/23/10 and 9/3/10 at participating dealers in Canada (eligible vehicles: 2010/2011 MY Corvette ZR1, Medium Duty Trucks and G-Vans (passenger, cargo, cutaway), 2011 MY Cruze, Equinox, LaCrosse, Cadillac CTS Coupe and SRX. Dealer order or trade may be required. Limited time offer which may not be combined with other offers. See your dealer for complete details. Dealers may sell for less. Not all customers will qualify. Offers subject to change without notice. **$1,500 Chrome Accessories Package (grille, 6" tubular assist steps, door handles and mirror caps) valued up to $1500 (tax inclusive) ("PDO Truck") or (b) a Custom Accessory Credit of up to $1500 (tax inclusive) to be used towards the purchase of genuine GM Accessories to be installed on a non-PDO Truck from on-ground inventory. Dealer installation included. This offer may not be combined with certain other consumer incentives available on GM vehicles. GMCL may modify, extend or terminate this offer in whole or in part at any time without notice. Conditions and limitations apply. See your GM dealer for details. ♥♥ To qualify for GM Canada's Cash For Clunkers incentive, you must: (1) receive Government confirmation of vehicle eligibility under the Retire Your Ride Program, supported by The Government of Canada, and turn in a 1995 or older MY vehicle that is in running condition and has been registered and properly insured in your name for the last 6 months (12 months in B.C.) or (2) turn in a 1995 or older MY vehicle that is in running condition and has been registered and properly insured in your name for the last 6 months in B.C. 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Employee price discount is available on the purchase/finance of an eligible new or demonstrator 2010/2011 MY Chevrolet/Buick/GMC/Cadillac or 2010 MY Pontiac/Hummer vehicle delivered between 6/23/10 and 9/3/10 at participating dealers in Canada (eligible vehicles: 2010/2011 MY Corvette ZR1, Medium Duty Trucks and G-Vans (passenger, cargo, cutaway), 2011 MY Cruze, Equinox, LaCrosse, Cadillac CTS Coupe and SRX. Dealer order or trade may be required. Limited time offer which may not be combined with other offers. See your dealer for complete details. Dealers may sell for less. Not all customers will qualify. Offers subject to change without notice. **$1,500

PHOTO COURTESY SONY PICTURES



▶ Mark Wahlberg, right, Will Ferrell, left, and Steve Coogan ham it up in The Other Guys, in theatres next week.

Who said Wahlberg can't have some fun?

The Departed star pairs up with Will Ferrell in cop comedy The Other Guys ◐ Actor sheds brooding tough guy image to 'look ridiculous'

SASHA PERL-RAVER
SCENE@METRONEWS.CA

One of the biggest surprises in store for moviegoers this summer won't be found in the last few seconds of Inception.

The real revelation is that Mark Wahlberg is seriously funny, a fact audiences will come to realize when The Other Guys hits theatres.

"If you come from a different background — doing serious films — and you try to do a broad comedy and it's not funny, you're probably not going to get the chance to do it again," Wahlberg says of his decision to dive into the comedy fray.

Luckily he teamed up with some strong comedic talent. The movie co-stars Will Ferrell and was directed and written by Adam McKay, who helmed some of Ferrell's earlier hits, including Anchorman and Talladega Nights. Considering that Ferrell and McKay's relationship spans their days at Saturday Night Live starting in 1995, the co-founding of FunnyorDie.com and the birthing of some of Ferrell's most beloved roles, Wahlberg easily could have taken a back seat.

But rather than play the patsy and let them have all the fun, the actor exploits his brooding tough guy image, perfected in roles such as his Oscar-nominated turn in The Departed, and turns in a side-splittingly funny performance that's neck-and-neck with Farrell's.

"It was really just about letting go, being fearless, not being afraid to look ridiculous and have people laugh at you instead of with you," Wahlberg explains. "Coming from the background I come from, you can be a little self-conscious. It's OK to be cool but it's not OK to be corny. That's something I've dealt with over the years as an actor; not worrying what people think."

Making his Mark

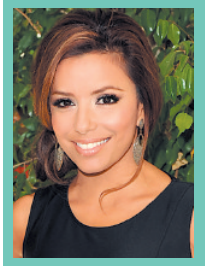
Here are some funny films that Wahlberg's acted in:

- **Date Night (2010)** Plays a security pro who's always shirtless. Not a funny character per se but the bare-body shtick brings laughs.
- **I Heart Huckabees (2004)** Wahlberg's turn as a firefighter opposed to petroleum was worthy of some chuckles.

For movie trailers, listings, photos and tickets, visit metronews.ca/movies

2 scene

In brief



Eva Longoria Parker helped the Hollywood Foreign Press Association hand out nearly $1.5 million US in grants to non-profit film organizations this week. The Museum of Modern Art and American Cinematheque were among recipients.
THE ASSOCIATED PRESS

Scan code to find which movies get to shine at Venice Film festival



Movie Reviews See it twice ●●●●● | See it now ●●●● | Worth watching ●●● | Yawn ●● | Don't bother ●

Kitty kitty bang bang



Cats and Dogs: The Revenge of Kitty Galore
Genre: Family
Director: Brad Peyton
Stars: James Marsden, Bette Midler
●●●

The smartest gags in Cats and Dogs: The Revenge of Kitty Galore happen when you least expect it, snuck in as throwaway lines during transitions or in the backgrounds of scenes.

For example, as our two lead dog secret agents (voiced by Nick Nolte and James Marsden) trot through headquarters, a loudspeaker announces a birth announcement, congratulating a canine agent on his new "son, daughter, daughter, son, son and daughter." Or there's the name of the head of the feline spy service, voiced by Roger Moore: Tab Lazenby.

For James Bond aficionados, that's a cute nod. Unfortunately, these gems are pretty well hidden.

Most of the humour at the forefront, on the other hand, tends toward broad puns and sight gags. But then, this is a movie that clearly caters to its young audience. Kids will love it. Parents will have to keep their eyes peeled for the rare gems.

In the follow-up to the surprisingly charming 2001 Cats and Dogs, the canines and felines have to begrudgingly team up to take on the titular Kitty Galore (voiced by Bette Midler, digging into each and every syllable), a former feline agent who is hell-bent on taking over the world after being rejected by her human minders following a freak fur-removing accident.

That leaves a brash newbie (Marsden), his veteran partner (Nolte) and a wary feline counterpart (Christina Applegate) to stop her.

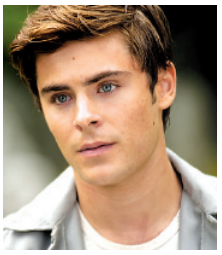
NED EHRBAR



Dinner for Schmucks
Genre: Comedy
Director: Jay Roach
Stars: Paul Rudd, Steve Carell
●

One of the many, many problems with Dinner for Schmucks is that it takes its sweet time before mentioning the dinner of the title — and then is even more leisurely in getting its stars (Paul Rudd and Steve Carell) to the table — that the whole occasion begins to feel like an afterthought. Rudd's Tim hopes to please his boss by attending a monthly dinner where each guest has to bring the biggest idiot they can find. When he meets Barry (Carell), he thinks he might have a winning loser.

NED EHRBAR



Charlie St. Cloud
Genre: Drama
Director: Burr Steers
Stars: Zac Efron, Amanda Crew
●●●

You ought to pity poor Charlie St. Cloud. Sure, he's a sailing sensation with cutie-pie looks but the kid just lost his younger brother in an accident. In fact, Charlie (Zac Efron) is so haunted that he begins talking to tombstones and playing catch with his sibling's ghost. Crazy yes, but in this melodramatic hokum, the insanity is still no match against Efron's crystal blue eyes when it comes winning the beating hearts of young Tess (Amanda Crew).

STEVE GOW

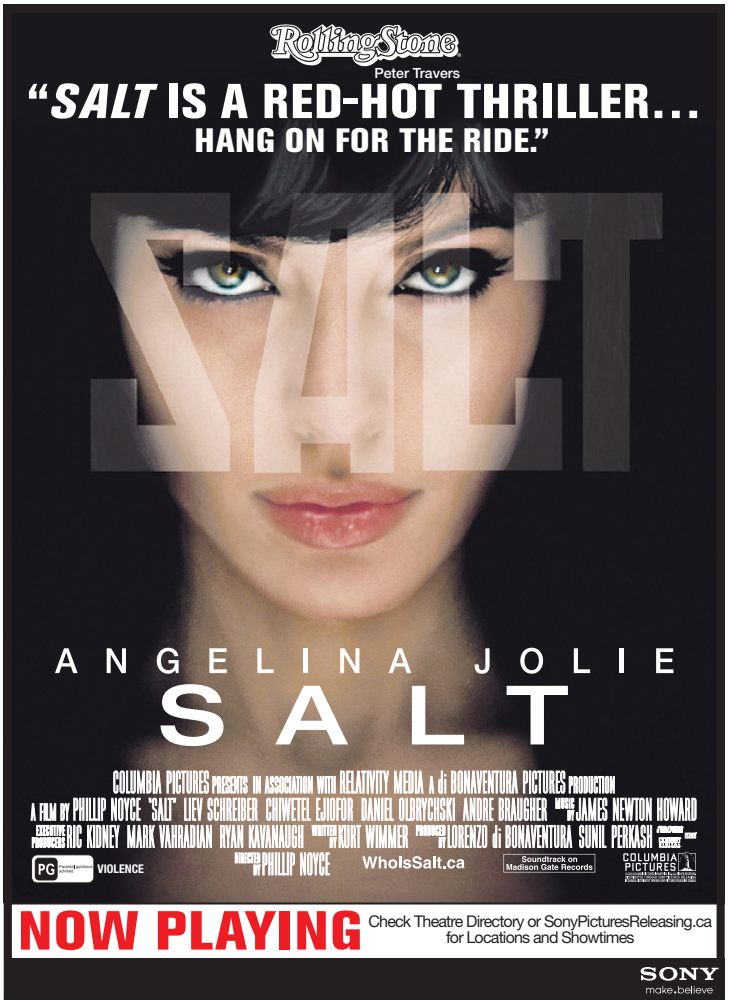


Solitary Man
Genre: Comedy/Drama
Directors: Brian Koppelman, Davin Levien
Stars: Michael Douglas
●●●

Solitary Man isn't the sort of summer release that will fill the multiplexes. But as a character study carried by the well-cast Michael Douglas — playing a successfiul businessman on a downward spiral — and his stellar supports (including a memorable appearance by long-time Douglas pal, Danny DeVito), this comic-drama is a more sophisticated remedy from the summer barrage of blockbuster.

STEVE GOW





DROLL DUOS WITH CHEMISTRY

In Focus

RICHARD CROUSE
SCENE@METRONEWS.CA





When people talk about chemistry in movies most often they refer to the sexual sparks that fly — or not — between the leading man and woman, but it's just as important between actors who aren't necessarily going to fall into bed clinched in a mad embrace.

That connection — as elusive and indefinable as it may be — is just as important to comic actors as jokes or pratfalls. Laurel and Hardy had it. So did Abbot and Costello.

And so do Steve Carell and Paul Rudd, who team up for a third time in this weekend's Dinner for Schmucks. Here are some other droll duos:

Matthau and Lemmon

Jack Lemmon called Walter Matthau the "best actor I've ever worked with." Playing off the differences in their personalities and appearances they made nine films together, some classic — The Odd Couple — some not — Grumpier Old Men — but whatever the movie they had an ease about them that couldn't be faked. Their on-screen relationship is best summed up with this classic Odd Couple quote: "You're crazy!" says Felix Ungar (Lemmon) to Oscar (Matthau). "I'm a neurotic nut, but you're crazy!"

Stiller and Wilson

In early aughts it seemed like you couldn't have one without the other. Described as "the yin and yang of Hollywood A-listers" Ben Stiller — dark and edgy — and Owen Wilson — laconic and expressive — made four films together in four years — Meet the Parents, Zoolander, Starsky & Hutch and the Royal Tenenbaums — and say that even if the film work dried up they would still find a way to work together. "I think it will keep on going," says Stiller. "I would like to think we would be in the Marina doing Community Theater," adds Wilson. When asked what kind of show they would do he says with a grin, "It would probably be a one man show. Ben would play a supporting role."

Pryor and Wilder

Roger Ebert said Richard Pryor and Gene Wilder "make a good team, Wilder with what he calls his 'low-key high energy,' Pryor with his apparent ability to con anybody out of anything." The pair was magic on screen but apparently didn't always see eye to eye off screen. Although they made four movies together they apparently didn't hang out when the cameras weren't rolling. Wilder claimed that Richard Pryor's cocaine addiction made him difficult to be around.

YouTube raises time limit

In case 10 minutes isn't enough to show off your guitar solo skills or Lady Gaga impersonation, YouTube has raised the limit it places on video uploads to 15 minutes.

The video website, owned by Google Inc., said in a blog post Thursday that the longer upload time was the single-most requested feature that its users have been asking for.

YouTube says it's raising the limit now because it believes its "Content ID" technology, which automatically removes copyright violations by digitally sifting through the site's archives, is working.

"Because of the success of these ongoing technological efforts, we are able to increase the upload limit today," wrote Joshua Siegel, YouTube product manager for upload and video management in the post.

THE ASSOCIATED PRESS



Dinner and a Movie



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THESE PAGES COVER MOVIE START TIMES FROM FRI., JUL. 30 TO THURS., AUG. 5. TIMES ARE SUBJECT TO CHANGE. COMPLETE LISTINGS ARE ALSO AVAILABLE AT METRONEWS.CA/MOVIES.

OTTAWA

BYTOWNE CINEMA
325 Rideau St., 613-789-3456

Ajami (STC) Fri 7 Sat 2:15-6:40 Sun 2-8:55 Mon 6 Tue 4:15 Wed-Thu 6:45
Coco Chanel & Igor Stravinsky (18A) Fri 4:30 Sat 9:10 Sun 4:30 Mon 1
Please Give (14A) Wed-Thu 4:45
Roman Holiday (PG) Tue 3:30
This Movie Is Broken (14A) Fri 9:30 Sat 4:45 Sun 7 Mon 8:30 Tue-Thu 9:15

CANADIAN FILM INSTITUTE
2 Daly Ave., Suite 120, 613-232-6727

No Films Showing Today (STC) Fri-Thu

CANADIAN MUSEUM OF NATURE
240 McLeod St., 613-566-4700

A Modern Castle: The Rebirth of the Canadian Museum of Nature (STC) Fri-Thu 12:30 Fri-Thu 1
Reptiles and Amphibians (STC) Fri 10:30-1:30-4:30-7:30 Sat-Wed 10:30-1:30-4:30 Thu 10:30-1:30-4:30-7 Fri 11:30-2:30-6 Sat-Wed 11:30-2:30 Thu 11:30-2:30-6

CENTRETOWN MOVIES
Dundonald Park, 512 Somerset St. W., 613-232-1534, centretownmovies.org

Listings not available at press time.

COLISEUM OTTAWA
3090 Carling Ave., 613-596-9475

Aida (Verdi) Metropolitan Opera - Encore Performance (STC) Wed 6:30
Cats & Dogs: The Revenge of Kitty Galore 3D (G) No Passes Fri-Thu 12:10-2:40-5-7:20-9:40
Charlie St. Cloud (PG) No Passes Fri-Thu 1:40-4:15-7-9:50
Despicable Me (PG) Fri-Tue 12:50-3:45 Wed 12:50-4 Thu 12:50-3:45
Despicable Me 3D (PG) Fri-Tue 12:20-2:50-5:20-7:50-10:15 Wed 12:20-2:50-10:15 Thu 12:20-2:50-5:20-7:50-10:15
Dinner for Schmucks (14A) No Passes Fri-Thu 1:30-4:40-7:30-10:25
Grown Ups (PG) Fri-Tue 6:50-9:30 Wed 10:30 Thu 6:50-9:30
Inception (PG) Fri-Sun 12-3:20-4-6:45-7:15-10-10:30 Mon 12:20-3:20-4-6:45-7:15-10-10:30 Tue 12-3:20-4:05-6:45-7:15-10-10:30 Wed 12-3:20-4-6:45-7:10-10-10:30 Thu 12-3:20-4-6:45-7:15-10-10:30
Ramona and Beezus (G) Fri-Thu 12:40-3:40-6:40-9:20
Salt (PG) No Passes Fri-Thu 1:10-1:50-4:10-4:50-7:05-7:40-9:45-10:20
The Sorcerer's Apprentice (PG) Fri-Thu 1:20-4:20-7:10-10:10
Toy Story 3 (G) Fri-Thu 12:30-3:50-6:55-10:05
The Twilight Saga: Eclipse (PG) Fri-Mon 12:15 Tue 1:20 Wed 12:15 Star & Strollers Screening Thu 1

EMPIRE 7 CINEMAS
111 Albert St., 3rd Floor, World Exchange Plaza, 613-233-0209

Cats & Dogs: The Revenge of Kitty Galore (G) No Passes Fri-Thu 12:55-3:55-7-9:45
Despicable Me (PG) Fri-Thu 12:45-3:45
Dinner for Schmucks (14A) Fri-Thu 12:30-3:30-6:40-9:35
Exit Through the Gift Shop (14A) Fri-Thu 10
The Girl Who Played With Fire (18A) Sub-Titled Fri-Thu 6:35-9:30
Inception (PG) Fri-Thu 12:25-3:25-6:30-9:40
The Kids Are All Right (18A) Fri-Thu 12:40-3:40-6:50-9:50
Ramona and Beezus (G) Fri-Thu 12:35-3:35-6:45
Solitary Man (14A) Fri-Thu 12:50-3:50-6:55-9:55

MAYFAIR THEATRE
1074 Bank St., 613-730-3403, mayfair-movie.com

American Splendor (STC) Mon 7
Blood on the Flat Track: The Rise of the Rat City Rollergirls (STC) Sun 9:15
Dillinger (STC) Sat 11:55
Flooding With Love for the Kid (STC) Fri-Sat 9
Iron Man (PG) Tue 7
Iron Man 2 (PG) Tue 9:30 Wed-Thu 7
Platoon (STC) Mon 9:15
Robin Hood (PG) Fri-Sat 7 Sun 6:30
Robotrix (STC) Fri 11:55
Year of the Carnivore (STC) Wed-Thu 9:30


▶ Angelina Jolie stars in Salt — which opened last weekend.

OTTAWA FAMILY CINEMA
710 Broadview Ave., 613-722-8218, familycinema.ca

Listings not available at press time.

RAINBOW CINEMAS
St. Laurent Centre, 1200 St. Laurent Blvd., 613-688-0850

The A-Team (PG) Fri-Thu 9:50-12-2:20-4:45-7:10-9:35
Cyrus (14A) Fri-Thu 10:30-12:45-2:45-4:55-7-9:15
Get Him to the Greek (14A) Fri-Thu 8:50
The Karate Kid (PG) Fri-Thu 10-1-6:30
The Last Airbender (PG) Fri-Thu 4:20-6:40-9
Marmaduke (G) Fri-Thu 10:10-12:15-2:15
Prince of Persia: The Sands of Time (PG) Fri-Thu 4-9:25
Shrek Forever After 3D (PG) Fri-Thu 10:20-12:25-2:30-4:40-6:50

RIDEAU CENTRE CINEMAS
50 Rideau St., 613-234-3712

Charlie St. Cloud (PG) SDDS Digital Fri-Sun 1:45-4:30-6:55-9:20 SDDS Digital Mon-Thu 4:30-6:55-9:20
Inception (PG) Dolby Stereo Digital Fri-Sun 1:30-4:40-8:05 Dolby Stereo Digital Mon-Thu 4:40-8:05
Salt (PG) Dolby Stereo Digital, No Passes Fri-Sun 2-4:50-7:10-9:30 Dolby Stereo Digital Mon-Thu 4:50-7:10-9:30

SOUTH KEYS
2214 Bank St., 613-736-1115

Cats & Dogs: The Revenge of Kitty Galore 3D (G) No Passes Fri-Thu 10:35-1:15-3:45-6:35-9:05
Charlie St. Cloud (PG) No Passes Fri-Thu 11:05-1:45-4:30-7:10-10
Despicable Me 3D (PG) Fri-Thu 11-1:20-4:05-6:40-9:10
Dinner for Schmucks (14A) No Passes Fri-Thu 10:25-1-3:40-7:10-15
Grown Ups (PG) Fri-Thu 7:05-9:50
Inception (PG) Fri-Thu 10:15-11:20-1:35-3:15-4:45-6:30-8:15-9:45
Ramona and Beezus (G) Fri-Thu 10:30-1:40-4:10-6:50-9:55
Salt (PG) No Passes Fri-Thu 10:40-11:30-1:30-2-4-4:35-6:45-7:30-9:20-10:10
The Sorcerer's Apprentice (PG) Fri-Thu 11:15-1:55-4:40-7:25-10:05
Toy Story 3 (G) Fri-Thu 11:10-1:50-4:25
The Twilight Saga: Eclipse (PG) Fri-Thu 10:20-1:05-3:55-6:55-9:40

GATINEAU

CANADIAN MUSEUM OF CIVILIZATION
100 rue Laurier, 819-776-7010

Avatar: An IMAX 3D Experience (G) Fri-Sat 8:40 Sun 7:35 Thu 7:35
Cavaliers du Monde (STC) Fri-Thu 4:20
Hubble 3D (STC) Fri 11-2:15-3:20 Sat 11-2:15-3:20-7:35 Sun-Mon 11-2:15-3:20 Tue-Wed 11-2:15-3:20-7:35 Thu 11-2:15-3:20 Fri 9:55-1:10-7:35 Sat-Sun 1:10 Mon 1:10-7:35 Tue-Thu 1:10
Requins 3D (STC) Sat 9:55 Sun 9:50 Tue 6:30 Wed 8:40
Ride Around the World (STC) Fri-Sun 5:25 Mon-Tue 9:50-5:25 Wed 5:25 Thu 9:50-5:25
Sharks 3D (STC) Fri-Sun 12:05-6:30 Mon 12:05-6:30-8:40 Tue 12:05-8:40 Wed-Thu 12:05-6:30

CINÉ-CAMPUS UQO
283 rue St-Jean-Bosco, 819-773-1888

CINÉMA DES GALERIES D'AYLMER
400 boul. Wilfrid-Lavigne, 819-248-2526

Despicable Me 3D (G) Fri-Tue 1:20-3:40-7-9:10 Wed-Thu 1:10-3:30-7-9:20
Filière 13 (G) Wed-Thu 12:50-3:20-6:50-9:10
Inception (G) Fri-Thu 1-4-7:10
Salt (G) Fri-Tue 1:10-3:30-6:50-9:20 Wed-Thu 1:20-3:40-7:20-9:30
The Sorcerer's Apprentice (G) Fri-Tue 1:30-3:50-7:10-9:30

CINÉ-STARZ
1100 boul. Maloney Ouest, 819-568-8000

Le Dernier Maître de l'Air (G) Fri-Thu 1:45-3:35-5:25-7:15
Dragons (G) Fri-Thu 12
Grandes Personnes (G) Fri-Thu 3:45-7:40-9:30
The Karate Kid (G) Fri-Thu 1:35-4-7-9:25
L'Agence Tous Risques (G) Fri-Thu 5-8:45
Marmaduke (G) Fri-Thu 12
Petite Vengeance Poilue (G) Fri-Thu 12
Prince of Persia - Les Sables du Temps (STC) Fri-Thu 1:40-5:35-9:05
Shrek 4, Il Etait une Fin (STC) Fri-Thu 12-1:40-3:20-7:05

CINÉ-PARC TEMPLETON DRIVE-IN
1779 boul. Maloney Est, 819-663-0915

Dinner for Schmucks (G) Fri-Tue
Grandes Personnes (G) Fri-Tue
The Last Airbender (G) Fri-Tue
No Films Showing Today (STC) Wed-Thu
Salt (G) Fri-Tue

GATINEAU 9
120 boul. de l'Hôpital, 819-568-6070

Cabotins (G) Fri-Mon 3:30-8:45 Tue 3:30 Wed-Thu 3:30-7
Cats & Dogs: The Revenge of Kitty Galore (G) Fri-Thu 12:10-2:20-4:30-7:05-9
Le Diner de Cons (STC) Fri-Thu 1:20-4-7:15-9:50
Filière 13 (G) Wed-Thu 12:30-3:15-6:40-9:10
Histoire de Jouets 3 3D (STC) Fri-Thu 1:10-3:45-7:10-9:45
L'Apprenti Sorcier (G) Fri-Tue 12:40-3:15-7-9:40 Wed-Thu 12:40-9:40
Origine (G) Fri-Thu 12-3-6:20-9:20
Piché: Entre Ciel et Terre (STC) Fri-Thu 1-3:40-7:20-9:45
Ramona et Beezus (G) Fri-Tue 12:50-6:40 Wed-Thu 12:50-3:10
La Saga Twilight: Hésitation (G) Fri-Tue 12:30-3:10-6:50-9:30 Wed-Thu 6:50-9:30
Salt (G) Fri-Thu 12:20-3:05-6:30-9:05

STARCITÉ HULL
115 boul. du Plateau, 819-770-1090, cinemasfortune.ca

Aida (Verdi) Metropolitan Opera - Encore Performance (STC) Wed 6:30
Cabotins (G) Fri-Thu 12:35-3:25-6:25-9
Cats & Dogs: The Revenge of Kitty Galore 3D (G) No Passes Fri-Thu 12:25-2:35-4:45-6:55-9:05
Charlie St. Cloud (G) No Passes Fri-Thu 11:30-1:55-4:20-6:50-9:15
Chats et Chiens : La Revanche de Kitty Galore 3D (G) No Passes Fri-Thu 12:40-2:50-5-7:10-9:20
Despicable Me (G) Fri-Thu 12:10-2:45-5:05-7:25-9:45
Detestable Moi 3D Numerique (G) Fri-Thu 11:55-2:15-4:35-7:05-9:25
Dinner for Schmucks (G) No Passes Fri-Thu 11:50-2:30-7:35-10:15
Filière 13 (G) Wed-Thu 11:25-2:05-4:40-7:15-9:50
Inception (G) Fri-Thu 12-3:15-7:10-10
L'Apprenti Sorcier (G) Fri-Tue 12:30-3:20-7:15-9:50
Origine (G) Fri-Thu 11:45-3-6:45-10
Piché: Entre Ciel et Terre (STC) Fri-Thu 11:40-2:20-6:30-9:10
Ramona and Beezus (G) Fri-Wed 12:15-6:35 Thu 6:35 Star & Strollers Screening Thu 12:15
Salt (G) No Passes Fri-Thu 12:20-2:40-7:45-10:20 No Passes Fri-Wed 12:45-3:10-7:30-10:05 No Passes Thu 3:10-7:30-10:05 No Passes Thu 12:45
The Sorcerer's Apprentice (G) Fri-Thu 3:05-9:30
Toy Story 3 3D (STC) Fri-Thu 12:05-2:55-7:20-9:55
The Twilight Saga: Eclipse (G) Fri-Tue 11:35-2:25-6:40-9:35 Wed 11:35-2:25 Thu 11:35-2:25-6:40-9:35

BARRHAVEN

BARRHAVEN CINEMAS
131 Riocan Dr., 613-825-2463

Cats & Dogs: The Revenge of Kitty Galore 3D (G) No Passes Fri-Thu 1-3:50-6:50-9:30
Charlie St. Cloud (PG) No Passes Fri-Thu 1:20-4:10-7:10-9:50
Despicable Me (PG) Fri-Thu 12:40-3:20-6:30-9:20
Dinner for Schmucks (14A) No Passes Fri-Thu 1:30-4:20-7:30-10:20
Inception (PG) Fri-Thu 12:30-3:40-7:10-10
Salt (PG) No Passes Fri-Wed 1:10-4-6:40-9:40 No Passes Thu 4-6:40-9:40 Star & Strollers Screening, No Passes Thu 1
The Sorcerer's Apprentice (PG) Fri-Thu 12:50-3:30-7:20-10

GLOUCESTER

SILVERCITY
2385 City Park Dr., 613-688-8800

Aida (Verdi) Metropolitan Opera - Encore Performance (STC) Wed 6:30
Cats & Dogs: The Revenge of Kitty Galore (G) No Passes Fri-Thu 12:30-3-5:30-7:50-10:20
Cats & Dogs: The Revenge of Kitty Galore 3D (G) No Passes Fri-Tue 11:45-2:15-4:45-7:20-9:40 No Passes Wed 11:45-2:20-4:45-7:20-10:10 No Passes Thu 11:45-2:15-4:45-7:20-9:40
Charlie St. Cloud (PG) No Passes Fri-Thu 12:50-3:50-7:30-10:25
Despicable Me 3D (PG) Fri-Tue 12:20-2:45-5:10-7:35-10 Wed 12:20-2:45-10 Thu 12:20-2:45-5:10-7:35-10
Dinner for Schmucks (14A) No Passes Fri-Thu 12:15-3:15-6:50-9:45
Grown Ups (PG) Fri-Thu 12:45-3:25-6:15-8:45
Inception (PG) Fri-Thu 1-2-4:30-6-8-9:30
Inception: The IMAX Experience (PG) Fri-Thu 12-3:30-7:10:30
Knight and Day (PG) Fri-Thu 9:15
Predators (14A) Fri-Thu 1:30-4-6:30-9
Ramona and Beezus (G) Fri-Tue 12:40-3:40-6:25 Wed 3:40-6:25 Thu 12:40-3:40-6:25 Star & Strollers Screening Wed 1
Salt (PG) No Passes Fri-Thu 12:35-1:15-3:35-4:15-6:35-7:15-9:35-10:15
The Sorcerer's Apprentice (PG) Fri-Thu 1:10-4:10-7:10-10:10
Toy Story 3 3D (G) Fri-Tue 11:50-2:40-7:05-9:50 Wed 11:50-2:15-9:50 Thu 11:50-2:40-7:05-9:50
The Twilight Saga: Eclipse (PG) Fri-Thu 12:10-3:10-6:10-9:10

ORLEANS

ORLEANS TOWN CENTRE 6 CINEMAS
250 Centrum Blvd., 613-834-0666

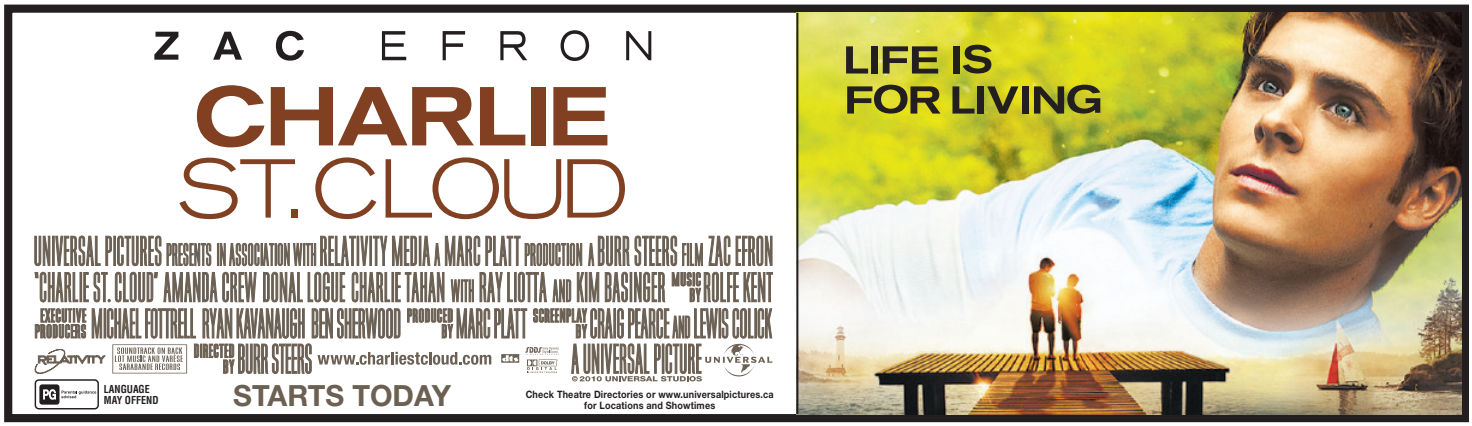
EMPIRE THEATRES ORLEANS 6 CINEMAS
3752 Innes Rd., 613-830-4400

Cats & Dogs: The Revenge of Kitty Galore (G) No Passes Fri-Thu 1:45-4:10-6:50-9:10
Charlie St. Cloud (PG) Fri-Thu 12:30-3:30-6:40-9:20
Despicable Me (PG) Fri-Thu 1-3:40-7:20-9:40
Detestable Moi (PG) Fri-Thu 12:40-3
Dinner for Schmucks (14A) Fri-Thu 1:10-3:50-7:10
Grown Ups (PG) Fri-Thu 9:05
Inception (PG) Fri-Thu 2-6:20-9-9:45
Ramona and Beezus (G) Fri-Thu 1:15-3:45-6:30
Salt (PG) No Passes Fri-Sun 12:45-3:10-7:10-9:50 Mon-Thu 12:45-3:10-7:10-9:50
The Sorcerer's Apprentice (PG) Fri-Thu 1:30-4-7:30-10:15
Toy Story 3 (G) Fri-Thu 12:50-3:20-6:45-9:30
The Twilight Saga: Eclipse (PG) Fri-Thu 6:15

KANATA

KANATA 24
801 Earl Grey Dr., 613-599-1200

Cats & Dogs: The Revenge of Kitty Galore (G) Special Engagement Fri-Thu 10:35-12:45-3-5:20-7:40-9:55
Cats & Dogs: The Revenge of Kitty Galore 3D (G) Special Engagement Fri-Thu 11:35-2:10-4:35-7:10-9:25
Charlie St. Cloud (PG) Special Engagement Fri-Thu 11:15-11:45-2-2:30-4:30-5-7:05-7:35-9:40-10:10
Despicable Me (PG) Fri-Thu 10:30-12:50-3:10-5:30-7:50-10:15
Despicable Me 3D (PG) Special Engagement Fri-Thu 11:25-1:55-4:40-7:15-9:45
Dinner for Schmucks (14A) Special Engagement Fri-Mon 10:45-11:30-1:30-2:15-4:15-5-7:15-7:45-10-10:30 Special Engagement Tue 11:30-1:30-2:15-4:15-5-7:15-7:45-10-10:30 Special Engagement Wed-Thu 10:45-11:30-1:30-2:15-4:15-5-7:15-7:45-10-10:30
The Girl Who Played With Fire (18A) Special Engagement Fri-Thu 10:55-2:20-5:50-9:15
Grown Ups (PG) Fri-Wed 11:25-2:05-4:45-7:25-9:55 Thu 11:25-2:05
Inception (PG) Fri-Thu 11-11:30-12:15-12:45-2:15-2:45-3:30-4-5:45-6:15-7:7:45-9-9:30-10:15
The Karate Kid (PG) Fri-Wed 1:25-7:20 Thu 1:25
Knight and Day (PG) Fri-Wed 10:40-4:35-10:25 Thu 10:40-4:35
The Last Airbender (PG) Fri-Wed 11:40-4:40-9:50 Thu 11:40
The Other Guys (14A) Special Engagement Thu 12:01
Predators (14A) Fri-Wed 2:10-7:20 Thu 2:10
Ramona and Beezus (G) Special Engagement Fri-Sun 11:05-2:05-5:05-7:50-10:30 Mon-Thu 11:05-2:05-5:05-7:50-10:30 Special Engagement Fri-Sun 11:05-2:05-5:05-7:50-10:30 Mon-Thu 11:05-2:05-5:05-7:50-10:30
Salt (PG) Special Engagement Fri-Sun 10:45-11:15-11:45-1:30-2-2:30-4:15-4:45-5:15-7-7:30-8-9:30-10-10:30 Mon-Thu 10:45-11:15-11:45-1:30-2-2:30-4:15-4:45-5:15-7-7:30-8-9:30-10-10:30
The Sorcerer's Apprentice (PG) Fri-Wed 10:50-1:40-4:10-7:05-9:35 Thu 10:50-1:40
The Spiderwick Chronicles (PG) Special Engagement Tue 10
Toy Story 3 (G) Fri-Thu 11:10-1:50-4:35-7:10-9:50
Toy Story 3 3D (G) Special Engagement Fri-Thu 10:40-1:20-4:05-6:40-9:20
The Twilight Saga: Eclipse (PG) Fri-Thu 10:35-1:35-4:20-7:35-10:25



7th heaven

X Marks the Spot for Klein

Advertising
Never one to shy away from controversial ads, Calvin Klein's newest campaign asks men all over the world to upload a video of themselves talking about how they've marked their spot in the world. The website already features a few Canadians. Visit xmarkyourspot.com to upload your video or check out some male eye candy.



Lucci Tell-All

TV
Susan Lucci, the woman who waited years to finally win her first Emmy Award is about to tell-all. The Associated Press reports the longtime star of All My Children — where she plays Erica Kane — will release her memoir next year. It will be published by It Books, part of the HarperCollins family.



Hughes Honour

Tribute
The Traverse City Film Festival honoured late director John Hughes with its Michigan Filmmaker Award this week. A native of Lansing, Hughes — the creator of films like The Breakfast Club and Sixteen Candles — died last year at the age of 59.

The Ghost Writer

Movies
Roman Polanski is no longer under house arrest, and next Tuesday his latest film will be released on DVD. The film, about a ghostwriter hired to complete the memoirs of a former British prime minister, stars Ewan McGregor and Pierce Brosnan. Canadian siren Kim Cattrall is also in the movie.



Dice Bow-Ties

Trend
Want to stand out from the rest of the Mad Men types in your office? Maybe it's time to roll the dice and take a chance with these unique bowties. Made out of real dice, they are sure to make a



statement. The company also sells a brooch and ring version
mrtalented.bigcartel.com

Playful Cards

Games
Looking for a fun way to tell someone how you feel? Dicky Bird has a collection of playful cards featuring everything from Japanese dolls to Eskimo girls to Little Red Riding Hood. The company is based in Britain, but you can order online.
dicky-bird.co.uk



METRO NEWS SERVICE

Metro pick



▶ A New York magazine article looks at the eclectic career of actor, director and author James Franco.

Is Franco for real?

Celebrity In its Aug. 2 issue, New York magazine asks the question everyone is wondering in its cover story: Is James Franco for real? Writer Sam Anderson follows the grad student around NYU, trying to answer the question, looking at his eclectic career as a blockbuster actor, director, author and strange stint on the soap General Hospital.

METRO NEWS SERVICE

Mix of Six

Sports

4th annual National Capital 5K and 10K and Wylie Ryan Kids Run
It's not too late to register for this race, which takes place along the Rideau River. July 31, 8:30 a.m. Terry Fox Athletic Facility.

Movies

Open-Air Theatre
The Place d'Orléans is offering free Hollywood blockbusters under the night sky. See Avatar this Saturday. July 31, Place D'Orleans Shopping Centre.

Event

Ottawa African Festival
The capital's African community is holding its 2nd annual festival at Victoria Island. All weekend, Victoria Island.

Cumberland Farmer's Market
Take a drive out to the country to check out the Cumberland Farmer's Market. July 31, RJ Kennedy Arena.

Ottawa International Busker Festival
Watch in awe as buskers from around the world perform magic, comedy, stunts, and in some cases, death-defying tricks at the Sparks Street Mall all weekend.

The Rideau Canal Festival
events include a flotilla, walking tours, food, games and a musical bicycle parade in conjunction. All weekend.

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GETTY IMAGES



▶ Randy Bachman was giddy as a kid after the High Voltage Festival.

FESTIVAL POWERS UP ON CLASSIC ROCK

Sound Check



ALAN CROSS
SCENE@METRONEWS.CA

When I was invited to the High Voltage Festival in London last weekend, I made all kinds of cracks about the lineup being terminally geriatric. I had visions of signs above the backstage entrance that read "YOUR PROSTATE MUST BE THIS BIG FOR YOU TO PERFORM!"

I mean, Argent? They hadn't played together in 38 years. Uriah Heep was going to run through their entire 1972 album, Demons and Wizards. The combined age of ZZ Top is 182; for Emerson, Lake and Palmer (together for the first time since 1998), it's 187. Ian Hunter was going to sing All the Young Dudes again — even though he just turned 71.

I joked about the average age of the crowd, too, and the need for walkers and wheelchairs. But in the end, I was dead wrong.

Instead of a barrage of irrelevant, outdated songs by over-the-hill performers, I witnessed how enduring and ageless good rock 'n' roll really is. Bachman-Turner (Bachman-Turner Overdrive in all but name) cranked out their still-muscular hits. There were a couple of 20-somethings next to me who not only new all the words to even the deep album tracks but sang their parts in perfect harmony.

Over on the metal stage, the legendary Saxon bludgeoned an appreciative audience of young metalheads. On the prog stage, Dweezil Zappa's young band ripped through some Mothers of Invention material so effortlessly it would have brought a tear to dad's eye. And it was fascinating to watch all the rockers, punks and metal freaks pay their respects to the late Ronnie James Dio as Heaven and Hell — the collaboration between Dio and Tommy Iommi and Geezer Butler from Black Sabbath — played their last-ever set with Glenn Hughes (ex-Deep Purple and one-time Sabbath singer in the non-Ozzy years) on vocals.

And despite the wide availability of alcohol I did not see a single drunk person. Not one. And there were no police anywhere, either. There were security personnel to be sure, but no bobbies anywhere on the festival site.

At Heathrow, I found myself behind Randy Bachman in the security line. He was as giddy as a kid. "Wasn't it amazing?" he gushed. Yes. Yes, it was.

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REED SAXON/AP PHOTO



▶ Rachelle Spector claims her imprisoned hubby Phil produced her new album

Spector gets credit on wife's new album

Imprisoned producer listed in liner notes on Out My Chelle Compares her to Elvis and Rolling Stones

In the often weird world of show business marriages, the love story of Phil and Rachelle Spector is among the strangest.

The 70-year-old Spector is a rock music legend imprisoned for the murder of an actress.

His wife, an aspiring singer who just turned 30, is dividing her time between prison visits and promoting her new album, for which he is listed as the producer.

For Rachelle, there has been a whirl of clubs, red carpet openings, travel, interviews and recording sessions, all happily reported on her Facebook page. For Phil, there is life in a tiny cell at a prison in Corcoran, Calif., where he lives on hope that his appeal will be granted and he will get a new trial. He was sentenced to 19 years to life behind bars.

"I was as excited about this album as when I met Elvis or the Stones. It's a gift from me to her."
PHIL SPECTOR

But with Rachelle's album, Out of My Chelle, Spector has a chance to jump back into the music world, where he built his Rock and Roll Hall of Fame credentials by producing such acts as the Beatles, Ike and Tina Turner, Cher, and many others.

The album, which was released last month, is billed as the first Phil Spector Production in 30 years. Spector had been retired for decades, and while he did work with the British group Starsailor on their 2003 album, Silence is Easy, they fired him before it was done because of his mood swings and creative differences.

Some have cast doubt on whether he actually produced Out of My Chelle. It has none of the hallmarks of Spector's famed "Wall of Sound" recording technique, and the songs are lightweight pop and dance numbers.

But Spector insists he produced the record during the three years before he went to trial for the shooting death of Lana Clarkson.

"I was there for recording of all the tracks," he said from prison.

THE ASSOCIATED PRESS

New unauthorized bio 'tells all' about Angie

Put Angelina Jolie's face on a magazine cover and sales will surely rise. Get her to write a memoir and it would be worth millions. But write a book about her, without her cooperation, and you're taking a chance.

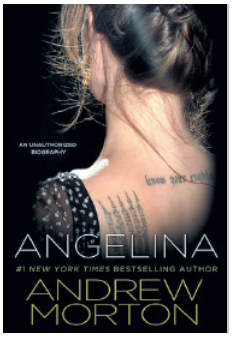
Coming a week after the release of her latest film, Salt, a biography has been published. Angelina, by Andrew Morton, is out with an announced first printing of 150,000 copies and the promise of a "spellbinding" adventure. Openly billed as "Unauthorized," the book includes intimate details on her troubled childhood, on such past lovers as Billy Bob Thornton and Timothy Hutton and, of course, her years with Brad Pitt.

Morton has a strong commercial history, but better when he works with a subject's involvement (Princess Diana, Monica Lewinsky) than without (Tom Cruise, Madonna).

In the age of the Internet, the unauthorized biography has been increasingly scooped by instant, endless online gossip.

"Sales of tell-all celebrity biographies have been negatively impacted by the information that is available on the Internet or in print," says Patricia Bostelman, vice-president of marketing for Barnes & Noble Inc.

"The Morton book is also competing with all the press Jolie has been getting around the launch of Salt, in which she is deliberately staying on message about her life with Brad and the kids. The audience for the book has often read all the key revelations prior to publication."



"There is much more competition from the tabloids and the Internet, so you have to go beyond the day-to-day gossip."
HOPE DELLON, BOOK PUBLISHER

"There is much more competition from the tabloids and the Internet, so you have to go beyond the day-to-day gossip," says Morton's editor, Hope Dellon of St. Martin's Press. "It's got to go deeper than that. It's got to have some fresh insight and revelations, and we think Andrew's book does."

The Jolie book tells of her strained relationship with her father, actor Jon Voight; her cultish bond with Thornton and her ever-growing family with Pitt.

Identified sources include a childhood caretaker, an alleged former drug dealer and a close friend of Jolie's mother, the late Marcheline Bertrand, whom Dellon believes is given a fresh and thorough take in Morton's book.

Unnamed friends and associates are cited for allegations that Jolie fought with co-star Winona Ryder on the set of Girl, Interrupted, or had been intrigued by Pitt long before they became involved.

THE ASSOCIATED PRESS

Celeb tell-all

The unauthorized celebrity biography has exploded in recent years, thanks to authors like Morton, and Kitty Kelley, whose most recent book on Oprah Winfrey caused a minor sensation. Here are more facts about the genre.

1. Beyond Kelley, there is a core of writers taking on familiar celebrities, including C. David Heymann (the Kennedys) and Edward Klein (Katie Couric, Hillary Clinton). But the market is so tough now that not even the death of Michael Jackson could expand it.

2. The celebrity books most likely to sell are those written by (or at least involving) the celebrities themselves. Chelsea Handler, Tori Spelling and Mackenzie Phillips are among those with recent hits. While some memoirs flop, such as Sarah Silverman's, more celebrities keep getting signed up. Demi Moore recently reached a seven-figure deal with publisher HarperCollins.

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MTV takes shot at school bullying

Jocks, nerds, burnouts and stoners The names may vary but almost every student is high school is well aware of the labels

A new show on MTV attempts to help students look past stereotypes. The network hypes If You Really Knew Me as a real-life version of The Breakfast Club.

Each episode focuses on a different school, where students go through a program called Challenge Day. They share experiences with each other in exercises designed to cut down on bullying and gossiping.

The cameras follow five students before, during and after the program. One self-professed jokester realizes how much his words hurt when he picks on an overweight student. Classmates are surprised when they hear a popular cheerleader talk about how she doesn't feel pretty or cool enough.

Another student, 18-year-old Leikin Poppino, attended Challenge Day last year at Freedom High School in Oakley, Calif., and said it works.

"It was such a positive experience," said Poppino. "It changed people for the better."

But a big question is whether the change lasts.

Freedom High had a "miraculous change" for about a week after the program, Poppino said. After that, the responsibility fell on those kids who took part to keep the momentum going.

"There would be moments when somebody would say something in class and it would be the kid who went through Challenge Day to say, 'Hey, you shouldn't say that or do that.'"

Students are surprisingly in touch with their emotions, said Sela Gaglia, who has worked for Challenge Day for 11 years.

Even when students are resistant, once they understand that the Challenge Day leaders are genuinely concerned, "the walls come down," Gaglia said.

If You Really Knew Me airs in Canada on Mondays at 10 p.m. ET.

THE CANADIAN PRESS

"It was such a positive experience. It changed people for the better."
LEIKIN POPPINO, CHALLENGE DAY ATTENDEE AT FREEDOM HIGH SCHOOL IN OAKLEY, CALIF.


▶ If You Really Knew Me airs Mondays at 10 p.m.

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TV picks

Tensions soar on Friday Night Lights

TV Tensions hit a peak on Friday Night Lights as the big Panthers-Lions game approaches, leaving everyone in Dillon on edge. Upping the stress is coach Taylor, who decides to bench star player Luke for the game. Elsewhere, Tami considers issuing a public apology to the school board for the abortion controversy.
(Friday, Global, NBC)

Students on The Beat

TV A group of Vancouver high-school students survey the gritty Downtown Eastside on the reality series The Beat. Constable Shane Aitken leads the class on the tour, which is disturbing to some of the teens but also drives home the realities of addiction. Later, the whole Eastside community is up in arms when the government shuts down a safe injection site.
(Friday, Citytv)

Julia Roberts triple bill

TV A Julia Roberts triple bill airs as momentum builds for her new film Eat, Pray, Love, which hits theatres Aug. 31. In the lineup is Ocean's Eleven, Mona Lisa Smile and The Mexican. Glee creator Ryan Murphy directs Eat, Pray, Love, which co-stars Javier Bardem and James Franco and is based on the best-selling novel of the same name.
(Saturday, Showcase Diva)

The Passionate Eye on ABBA

TV This instalment of The Passionate Eye may turn some viewers into dancing queens. That's because the documentary series is airing the song-and-dance-filled film The Mamma Mia Story, about the global appeal of the smash musical that features ABBA songs. According to the show's website, over 42 million people all around the world have gone to see the feel-good mother-daughter story that's set in Greece.
(Saturday, CBC NN)

Yule tide time for Mad Men

TV It may be summertime in North America, but on Mad Men, it's Christmas and the cocktails are flowing as the agency holds a holiday party. The festivities suffer from a serious buzzkill, though, when a surprise and "not-so-welcome visitor" arrives late. (Sunday, AMC)

Famous faces on Entourage

TV Pop star Jessica Simpson and ex-boxer Mike Tyson guest star on Entourage. Ari tries to court the two when he detects that Lizzie may be plotting against him. Vince, meanwhile, is busy getting to know porn star Sasha Grey.
(Sunday, HBO Canada, The Movie Network, Movie Central)

THE CANADIAN PRESS



Kudrow prescribes laughter in web series

Actress plays self-absorbed therapist in popular online show

Former Friends star Lisa Kudrow is making herself laugh.

She's reading tweets written by her character, Fiona Wallice, on the online show Web Therapy, which recently completed its third season. Each segment runs about 3 minutes to 16 minutes.

Kudrow's character is a self-absorbed therapist who isn't interested in listening to people's issues. She's decided that 3-minute sessions by webcam are sufficient to diagnose a patient and dole out advice. The conversation often veers off-topic and onto Wallice.

Web Therapy is available on Hulu, lstudio.com and for purchase on iTunes. Each webisode plays out like viewers are looking at an actual computer screen with Kudrow and a co-star interacting in double boxes over web chat.

Unlike Fiona, who likes to keep her sessions brief, Therapy is expanding to other mediums. Showtime has picked up the series to combine and air as half-hour episodes. Additional material will be added to fill out the stories.

"Fiona is unabashedly self-serving," Kudrow explained in a recent phone interview from Los Angeles. "She doesn't even do a good job in covering it up. She just thinks everyone else is really stupid (and) she's the smartest person. Ever."

the app advice

- **There's an i Phone** app that Kudrow likens to a therapy version of the Magic 8-Ball. Users type in a problem and get a response from Kudrow's character, such as: "Well, that's a ridiculous idea."

In one episode, a patient says to Fiona, "I was getting the impression the last couple of sessions that I was boring you," to which she responds, "I'm not bored. I mean I have enough of an intellectual life to keep interested in anything even you can say."

Victor Garber plays Fiona's husband, Kip, who may or may not be gay. Julia Louis-Dreyfus played Fiona's sister in the show's most recent season. Guest stars have included Jane Lynch, Selma Blair and Steven Weber.

The dialogue is mostly improvised, and actors wear an earpiece for director Don Roos to keep them on track.

"It's really fun," said Kudrow, who describes the process as "just listening and responding and then knowing that somewhere off in the distance we need to find our way over to a point."

One of the most noteworthy aspects of Wallice is her voice, which Kudrow slips in and out of when talking about the character.

STEPHEN LOVEKIN/GETTY IMAGES



▶ Lisa Kudrow plays therapist Fiona Wallice in Web Therapy.

"I started with a friend who is really sexy, brilliant, articulate. ... This woman is like a hero to me," she said. "I thought that's who Fiona thinks she is, so I started with her. That voice. And then it filtered through my comedy factory which turns everyone into an idiot."

Kudrow recently took up tweeting. She doesn't feel comfortable doing it herself, so she tweets as Fiona.

"Her first tweets we have her not understanding what it is at all. She goes on and on and so it gets cut off so you'll see in the middle of a word it stops," she laughed.

THE ASSOCIATED PRESS

WADE PAYNE/THE ASSOCIATED PRESS



▶ Rascal Flatts performs during the CMA Music Festival

New label for Rascal Flatts

Rascal Flatts has a new home. The country music titans will release their new album, Nothing Like This, on Big Machine Records on Nov. 16.

Big Machine also is the home of Taylor Swift, giving the independent label two of country music's most bankable acts.

The Disney Music Group shuttered the band's only previous label, Lyric Street, in April.

Bassist Jay DeMarcus called the new partnership with Big Machine "a perfect fit" and says label president and CEO Scott Borchetta understands what the band is trying to accomplish.

The band will immediately release its latest single, Why Wait, to country radio stations.

THE ASSOCIATED PRESS





The Talk will give hosts a chance to speak their minds

Former Roseanne star Sara Gilbert gathers some top TV talent for new day time talk show

Sara Gilbert, producer and co-host of the new CBS daytime show "The Talk," said she will share her life as a lesbian partner and mom on the air when it seems right.

But Leah Remini, among the six co-hosts, said she has no plans to make her religion, Scientology, part of the show.

"Not at all," Remini told a session of the Television Critics Association, adding, "I love to make people laugh, entertain them. That other thing is something that is not even part of my discussion."

Gilbert spoke up for Remini.

"It's also really dangerous to look at people through one lens … Leah is a brilliantly funny, real, dynamic person with a lot of parts to her," said Gilbert, the former Roseanne co-star.

Asked about whether The Talk would echo ABC's The View, another daytime talk show with female hosts, Gilbert said that shows can have the same format but differ in nature, citing the David Letterman-Jay Leno late-night programs.

Gilbert, who said she developed the idea to create a meeting ground for women and mothers, has two children with her partner, Allison Adler. The actress was asked why a news release announcing the CBS show listed the partners of the other co-hosts, all straight, but not hers.

Gilbert replied that the decision was hers and that a network press release wasn't the first place she wanted to launch a discussion of her personal life. As an actress, it hasn't been necessary to discuss her sexuality and it doesn't dominate her perspective, she said.

"I don't think of things as 'out' or 'in,'" she said. "I just think I am who I am. I'll share it when it seems right."

THE ASSOCIATED PRESS

DAN STEINBERG/THE ASSOCIATED PRESS



▶ From left to right, actress Leah Remini, actress Marissa Jaret Winokur, actress Sara Gilbert and television personality Julie Chen arrive at the press tour party. The four, along with actress Holly Robinson Peete and television personality Sharon Osbourne will host The Talk.

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'I made the right decision'

Black Eyed Peas' frontman tells how he almost didn't make music

Before embarking on his successful music career, Black Eyed Peas' frontman will.i.am had designs on a far different line of work.

"Right after high school, I went to fashion school and the music just was a stronger calling at the time," recalled the Grammy-winning artist, who attended the Fashion Institute of Design and Merchandising in Los Angeles.

"I think I made the right decision."

While continuing to pump out hits with his multi-platinum-selling group, the rapper, singer-songwriter and producer is returning to his fashion roots with his menswear line, i.am.

While in Toronto for two concerts this week, the 35-year-old took time out for an in-store appearance at Harry Rosen in the upscale Yorkville area to launch his line in the city.

The offerings on display included a mix of basics like graphic T-shirts, alongside refined knits, some of which feature leather accents and detailing.

Outerwear pieces run the gamut from traditional pea coats to edgier hooded jackets with a graphic printed lining and coats with mesh-style pinhole cutouts.

"The thing that inspires my line, it's not a person, it's youth," said the fashion-forward hip-hop star, decked out in large blue-framed sunglasses, a white Henley-style T-shirt, black vest and scarf, knee-length cargos and high tops.

"Youth culture, youth hip-hop, dance culture, the world of the arts, and just expression."

The collection also has a strong Canadian connection, designed and produced by the i.am je suis division of Manhattan International based in Montreal.

"(Owner)Ted (Rozenwald) is a great dude and we have a lot in common as far as the desire to succeed, and how dedicated he is to making sure it's right and perfect, and I'm the same way in the world of music," said will.i.am, whose real name is William James Adams, Jr.

"Rig-ht now, we are making this thing grow" he ad-ded. "Like I told him, I'm dedicated to this venture for 10 years. I want to see it really really do well."

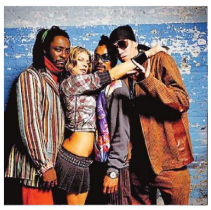
But when it comes to creating clothes for the Black Eyed Peas' lone lady member, Fergie, or any other women seeking feminine pieces from the i.am label, they're out of luck — at least for the time being.

"I'd like to do stuff for girls, but right now, I just want to get the dudes right," said will.i.am.

In the meantime, he simply wants to make pieces that inspire people to wear them and he doesn't seem interested in crafting tailored looks or styling one particular individual.

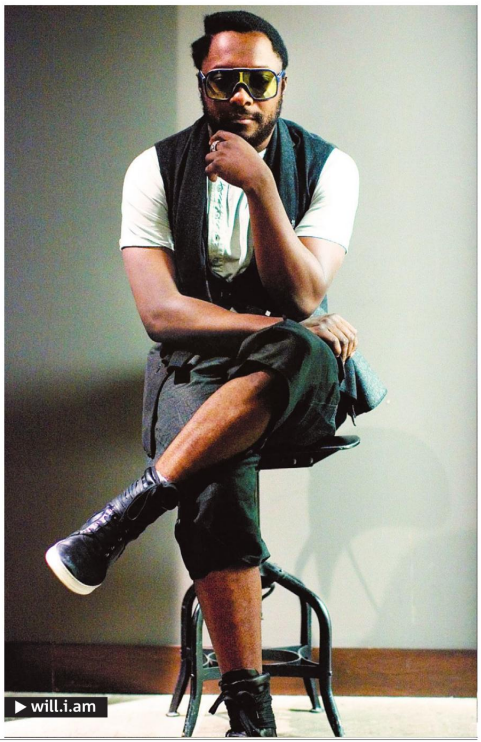
THE CANADIAN PRESS

Black Eyed Peas



The Peas are currently in the middle of a cross country tour

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- **Aug. 20** Saskatoon
- **Aug. 22** Calgary
- **Aug. 23** Edmonton



▶ will.i.am

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Tom Selleck goes for prime time

TV legend is happy to be back on TV, but he's very glad his new show Blue Blood isn't being shot in Toronto

Tom Selleck is happy to be on a prime-time TV show — and even happier his new series isn't shot in Toronto.

There was some talk that Blue Bloods, which premieres this fall on CBS and CTV, would be produced in the Canadian city; talk the former Magnum, P.I. star was quick to discourage.

"No offence, Toronto," Selleck told reporters Wednesday at the semi-annual network press tour in Beverly Hills, "but I've shot there, and it's a lovely place to shoot, but it's different."

Different in that it is not New York, a city that is almost a character in Blue Bloods.

Selleck plays veteran New York police commissioner Frank Reagan on the drama. His father (played by Len Cariou) was also a respected cop, and his sons Danny and Jamie (Donnie Wahlberg and Will Estes) are members of New York's finest.

Occasionally, they clash with their sister Erin (Bridget Moynahan), who happens to work in the New York district attorney's office.

Executive producers Mitchell Burgess and Robin Green, the husband and wife writers who helped craft The Sopranos, saw Selleck as the perfect fit to play the heroic figure at the centre of their new TV family.

"We did the antihero all those years," Green told critics. With so many dark, deeply flawed anti-heroes on TV today, Green wanted to go in a different direction.

"I became very interested, sort of as a curative after Sopranos, to find out what a hero is today."

CBS wanted Selleck as their new top cop. The actor loved the script as well as the chance to work with top actors in the cast.

He was okay with leaving his California ranch to make the series happen, but not down with crossing the border.

"Look," he says, "it's difficult for me to argue that shooting a show about New York won't be better shot in New York."

That Selleck got his way speaks to his enduring star power.

As CBS programming president Nina Tassler told critics Wednesday, "Tom Selleck is a big draw. We want people to watch that series."

Selleck has proved he can still pull in viewers with his recent series of Jesse Stone TV movies. Based on the Robert B. Parker novels, the seventh in that series about a transplanted lawman will air this fall and an eighth is in the planning stages.

Selleck, who is also a producer and even a writer on those films, proudly points out that DVD sales for the previous titles are very robust (Jesse Stone: No Remorse just hit stores this week).

He made continuing Jesse Stone another condition of signing on to Blue Bloods.

That he has to cross the border to do it is just fine with Selleck. Jesse Stone shoots in Halifax.

"I love Halifax," says Selleck, who discovered the Maritime city while shooting the 2004 TV movie Reversible Errors with William H. Macy.

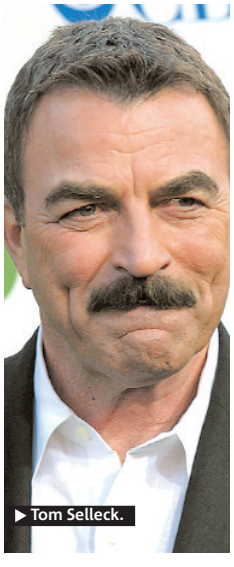
"There's so much history there and so much tradition. The people are really interesting and tough," he says, remembering a chilly week where "our crew members kept working in T-shirts in freezing weather and we're all dying."

Selleck points out that the series provides roles for many Canadians (including Leslie Hope and Stephen McHattie).

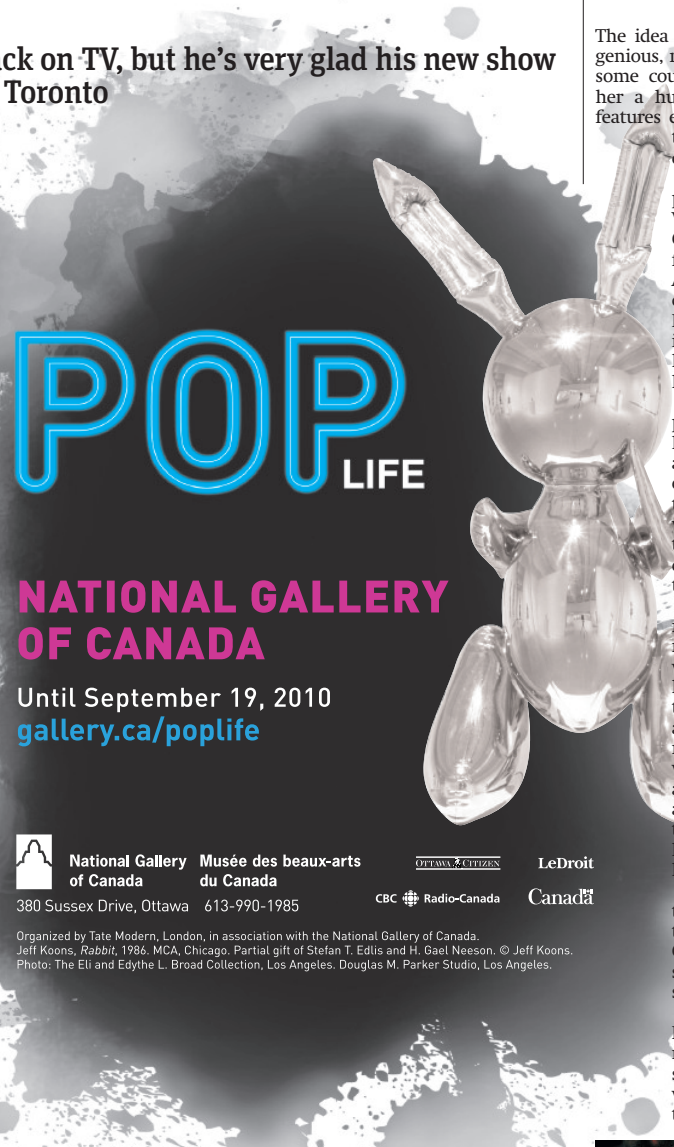
"We draw a lot from Toronto and the unions have been very good to us," he says.

"We counted about nine recurring roles with Canadian actors in the show so far. They've earned that."

THE ASSOCIATED PRESS



▶ Tom Selleck.



Magnum P.I.

▶ It's been 30 years since Selleck first got behind the wheel of his red Ferrari as private investigator Thomas Magnum. "I prefer to think 22 years removed since our last show," says the 65 year old

Former Idol finalist goes country

The idea is simple but ingenious, really: Take a winsome country singer, give her a hunting show that features exotic locales and throw in a couple of celebrities.

That's the premise behind Versus' Goin' Country, which features former American Idol contestant Kristy Lee Cook in a reality show based on her life and her love of hunting.

"I know a lot of people who watch hunting shows and they get kind of bored with them, you know, with the same old thing, in the stand doing this and that," Cook said. "So we tried to make it a little more real life with my music life in Nashville, trying to make it as a singer, and my life at home with the horses and barrel racing and my foundation for rescuing horses, and then hunting as well."

This will be the third outdoor-themed show Cook has hosted since her Idol stint in 2008.

The folks at Browning took notice of the singer when she wore a hat with the hunting company's distinctive deer silhouette logo during one performance.

"I know a lot of people who watch hunting shows and they get kind of bored ... so we tried to make it a little more real life." KRISTY LEE COOK

American Idol contestants aren't supposed to wear company logos, but Cook was able to sneak the Browning hat past those city slickers in Los Angeles.

"They were like, 'Is that a deer head?' 'Sure!'" Cook said.

The show, which begins Friday, highlights hunts from Texas to Wisconsin to Nashville. Country singer Aaron Tippin takes her turkey hunting on his land near Music City, fellow Idol finalist Blake Lewis joins her on a deer hunt in Texas and singer Jake Owen and his twin brother, Jarrod, go after exotic deer in Missouri.

Jake Owen proved his country toughness when he split open his forehead while sighting in his rifle. He filled the cut with Super Glue and went about his hunt.

He was left with a scar and a lot of great memories after bringing down a fallow deer.

"It's pretty wild," Owen said. "She's just like one of the guys, really. She gets out there, whether she's killing deer, riding a four-wheeler or cleaning a deer."

THE ASSOCIATED PRESS



▶ Kristy Lee Cook.

GETTY



▶ Dr. Conrad Murray (left).

No charges filed against others

State investigation of seven other medical professionals who treated deceased pop star dropped.

State investigators probing the death of Michael Jackson have decided not to file charges against seven doctors who treated him, authorities said Wednesday.

The doctors were part of an investigation by state Attorney General Jerry Brown's Bureau of Narcotic Enforcement, spokeswoman Christine Gasparac said.

One doctor whose name was not released has been referred to the California Medical Board for prescribing drugs to a Jackson alias, she said.

Candis Cohen, a board spokeswoman, declined to confirm the action, saying complaints and investigations were not public record.

Jackson's personal doctor, Conrad Murray, has pleaded not guilty to felony involuntary manslaughter in the singer's death. Authorities say Murray provided Jackson with a mix of sedatives, including a powerful anesthetic that killed him.

Los Angeles police who investigated the death had asked state and federal investigators to look into the prescribing practices of doctors who previously treated the 50-year-old pop star.

The federal Drug Enforcement Agency has also stopped investigating the actions of any other Jackson doctors, agency spokeswoman Sarah Pullen said.

The state investigation included the search of a prescription drug database that tracks doctors who prescribe controlled substances.

The database also monitors the quantity and recipients of those drugs.

THE ASSOCIATED PRESS

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SATURDAY, AUGUST 14
Gates: 9:30am
Galaxie Dance Tent
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Jean Martin • Namgar • The Hidden Cameras
CUPE Main Stage
Tone Cluster • Galant, tu perds ton temps
LAU • Carolyn Mark & The New Best Friends
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SUNDAY, AUGUST 15
Gates: 9:30am
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The Mighty Popo • Delhi 2 Dublin
CUPE Main Stage
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Hollywood's hills calling on Cruickshank

Star of MTV's The After Show making jump to Los Angeles for job oppurtunity

MTV Canada host Jessi Cruickshank is headed for bigger things

The comical Calgary native, who satirized the reality series The Hills and The City with Dan Levy on The After Show, says she's moving to Los Angeles for a job opportunity.

Cruickshank writes on her Twitter page: "The rumours are true. After 4 years, 102+ After Shows and many a questionable outfit, I am moving to LA for a job opportunity there...

"I promise not to get 10 plastic surgeries and that I will be on your TVs again in Canada very soon! Keep following for updates and above all, THANK YOU. For watching and supporting this semi-talented, mediocre-looking red headed chick for four unbelievable years. xo.''


Jessi Cruickshank

Cruickshank didn't elaborate on what the job opportunity was, and MTV Canada did not immediately return requests for details.

Cruickshank grew up in Vancouver and studied drama in London, Ont., and at the University of Toronto before moving into theatre and then shows including YTV's Weird on Wheels.

On the Toronto-shot After Show, she and Levy became hits on both sides of the border through their hilarious commentary on reality shows, their skits and their interviews with stars.

THE CANADIAN PRESS

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Theatre companies

Filmmaker Michael Moore to unveil plan aimed at restoring downtown U.S. movie theatres Offers to provide funding for grants and training

For generations, Americans viewed films in stately, single-screen theatres that were pillars of city business districts — an experience that faded with the rise of suburban multiplexes and the decline of downtowns.

Michael Moore wants to bring those theatres back. The Academy Award-winning documentary filmmaker has a plan to refurbish or prop up downtown movie houses in his home state of Michigan — and eventually nationwide.

Such efforts have been made before. But Moore's approach has a twist, modeled on the successful resurrection of the State Theatre in Traverse City, his adopted hometown in northern Michigan.

The way to rescue downtown movie houses, Moore says, is to run them as non-profit ventures staffed mostly with volunteers. That slashes costs and gives the community a stake in the theatre's survival, he says.

Moore plans to provide grants and training to theatre operators who use those methods. The money would come from a fund he's creating with his rebate from a state film tax credit earned by producing his documentary, Capitalism: A Love Story, in Michigan. He expects the refund to total about $1 million.

"One of our goals is to create an economic boost, particularly in struggling downtown areas," he told The Associated Press this week during the annual Traverse City Film Festival, which he and others established six years ago. "Another is to save the art of cinema and encourage great films to be made."

The Flint native moved to the Traverse City area in 2003 and took an interest in the State Theatre on the resort town's main street. Opened in 1916, it had become a shuttered relic.

"I just felt bad every time I passed it," Moore said.

THE ASSOCIATED PRESS

CARLOS OSORIO/THE ASSOCIATED PRESS



▶ Ellen Elliott, manager of the nonprofit and volunteer-run Penn Theatre in Plymouth, Mich.

GETTY IMAGES



▶ Gabourey Sibide

Sidibe avoids desk job with new show

Gabourey Sidibe is pinching herself over her unexpected life, which includes an Oscar nomination and a new TV series.

At a meeting Thursday of the Television Critics Association in Beverly Hills, Sidibe described herself as a "middle-of-the-lane, very normal" person who'd planned to be a receptionist.

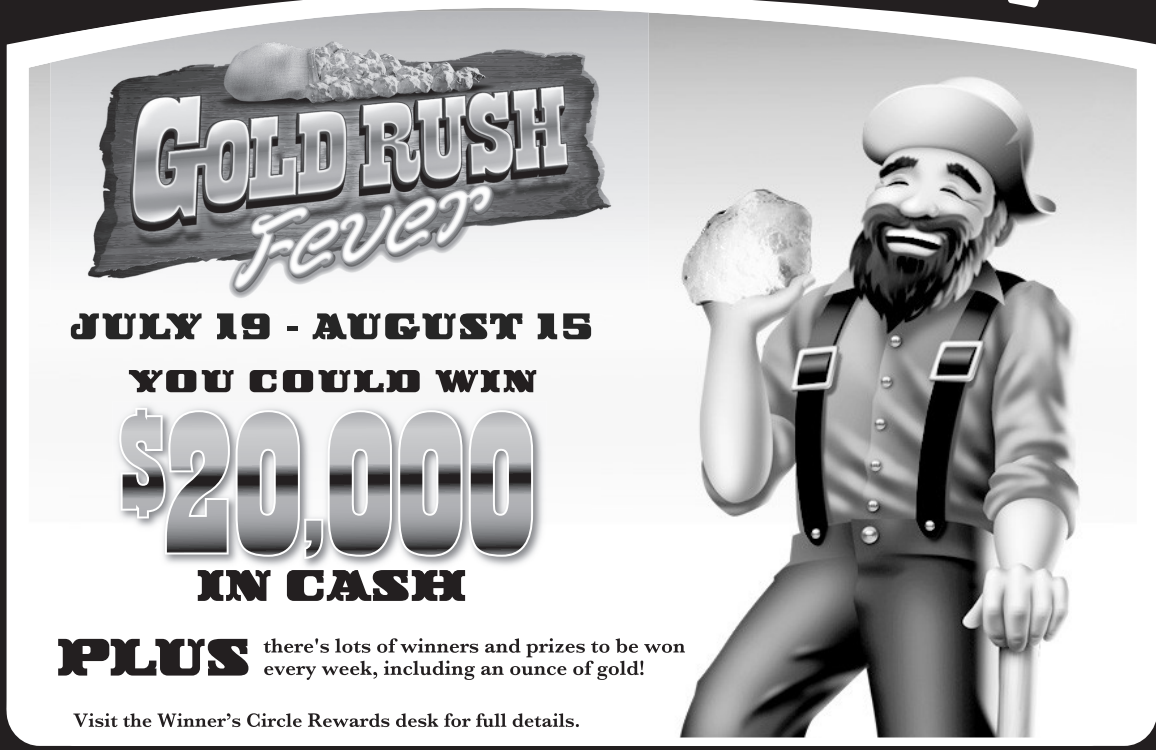
The 27-year-old Sidibe said it's been a "strange year" that's included her Academy Award nod for her role as a teenager who rises above abuse in Precious: Based on the Novel 'Push' by Sapphire and her co-starring role in Showtime's The Big C.

The comedy-drama stars Laura Linney as a schoolteacher confronting a terminal-cancer diagnosis. Sidibe plays a smart-alec student.

The Big C debuts 10:30 p.m. EDT Monday, Aug. 16, on Showtime.

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GETTY IMAGES



▶ After the latest Mel Gibson scandal Leonardo DiCaprio has reportedly pulled out of a movie directed by Gibson.

Leo nixes film with Gibson

After all the headlines about tensions between Mel Gibson and his ex-girlfriend, Oksana Grigorieva, Leonardo DiCaprio is reportedly pulling out of a planned Viking-themed movie to be directed by Gibson, according to Radar Online.

"Not a chance," a source close to the Inception star says. "Leo has earned the right to pick and choose who he works with and Mel Gibson is not one of them."

"Leo has earned the right to pick and choose who he works with and Mel Gibson is not one of them."

METRO WORLD NEWS

Simpson up for American Idol?

Trouble songstress Jessica Simpson may be headed to American Idol, but she won't be taking over for Simon Cowell.

"She's not his replacement — they're two entirely different personalities," a source tells Life & Style magazine.

"This is part of a massive overhaul of the show. There may be more judges, more opinions." Simpson's rep would neither confirm nor deny the reports, saying,

"There is nothing confirmed at this time."

METRO WORLD NEWS

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Mamma mia! Clooney GF in drug scandal

Elisabetta Canalis accused of snorting cocaine in a Milan nightclub famous for prostitution

George Clooney's Italian girlfriend is finding herself wrapped up in a cocaine scandal uncovered by an investigation into the Club, a Milan nightclub, according to Italian newspaper Corriere della Sera.

"I remember taking cocaine with Elisabetta Canalis and two others," model-turned-prostitute Karima Menad says in court documents obtained by the paper.

"We were in the Club and it was December 2007. We had been at a party of some famous, rich celebrity whose name I cannot remember. I don't remember who brought the drugs but we all took it."

The alleged party took place before Canalis met Clooney. The pair started dating in 2009.

METRO WORLD NEWS

GETTY IMAGES



▶ George Clooney's girlfriend Elisabetta Canalis.

Lohan becoming a prison beauty queen

Lindsay Lohan has been keeping busy behind bar with writing and junk food, according to her lawyer.

"She's good. She's eating some Twizzlers," attorney Shawn Chapman Holley says, according to Hollyscoop. "She looks gorgeous. She's writing a lot. She's creating art. She's a beautiful, talented, creative woman, and she's going to come out and surprise you all."

Lohan could be released as soon as Sunday or Monday, after which she'll head to a mandatory three-month stay in rehab.

METRO WORLD NEWS



Because looking hot in solitary confinement? *That's* important

Celebrity tweets



Kanye West [@kanye-west] Dress up for flight



Serena Williams [@serenaj-williams] Dropped my phone in toilet. Now I have to use iPhone. Hope I don't loose my contacts...



Ian Somerhalder [@iansom-erhalder] How are anchovies even legal?



Courtney Love [@courtney-loveUK] wonder if i should take this job? hmm waiting on my litmus of tasteful friends who i love the most.

METRO WORLD NEWS

Hardy's wild past

Inception star Tom Hardy admits that when he was younger, he wasn't opposed to some same-sex experimentation. "As a boy? Of course, I have. I'm an actor," Hardy tells NOW magazine. "I've played with everything and everyone. I love the form and the physicality. "Now that I'm in my 30s, it doesn't do it for me."

METRO WORLD NEWS

Klein stays in rehab

After completely 30 days of his voluntary stay in rehab, actor Chris Klein has decided to extend his stay. "Chris, along with his support team, has decided to extend his treatment," his rep tells People magazine. Klein was arrested for driving under the influence in June, when he was pulled over for weaving on the Hollywood Freeway.

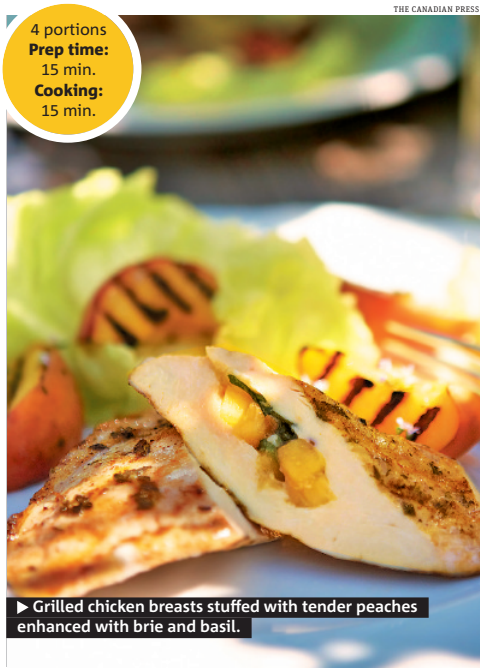
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Sweeten things up with peaches

THE CANADIAN PRESS



4 portions
Prep time: 15 min.
Cooking: 15 min.

▶ Grilled chicken breasts stuffed with tender peaches enhanced with brie and basil.

▶ Tasty fruit can add some summer flavour ▶ Grilled chicken breasts will never be quite the same again

Ingredients :

- 50 ml (1/4 cup) water
- 50 ml (1/4 cup) sugar
- 10 ml (2 tsp) each cassia, cardamom and star anise
- 5 peaches, washed and peeled (slice 4 and dice 1)
- 4 skinless, boneless chicken breasts
- 8 basil leaves, washed
- 125 g (4 oz) brie, cut into 4 slices
- 4 bamboo skewers, soaked in water
- Salt and freshly ground pepper, to taste
- You can substitute cinnamon or nutmeg for the cassia and ground ginger can replace the cardamom.

Now that peach season is in full swing, try pairing a few of the luscious orbs with grilled chicken enhanced with slices of soft brie.

Preparation:

1. In a small saucepan over high heat, combine water and sugar. Bring to a boil and then simmer for 1 minute. Add cassia, cardamom, star anise and sliced peaches; bring to a boil and then reduce to a simmer and cook for another 10 minutes. Let cool to room temperature, remove spices and then puree mixture in blender until smooth. Stir in diced peach and set aside.
2. Place chicken breasts on a clean work surface. Using a sharp knife and focusing on one breast at a time, cut a 7.5-cm (3-inch) slit horizontally into one side of the chicken breast to form a pocket. Spread about 30 ml (2 tbsp) of the puree mixture in the pocket of each breast. Then stuff each breast with 2 basil leaves and a piece of brie. In horizontal and weaving fashion, secure each breast with one skewer, then season with salt and pepper.
3. Place chicken on preheated grill and cook for 6 minutes on each side or until internal temperature registers 74 C (165 F). Remove from grill and let rest for 2 minutes before serving with the rest of the peach puree and your favourite summer-inspired garden salad.

THE CANADIAN PRESS

Celebrate Canada on Food Day

In 2003, amidst the sanction by the U.S. of Canada's beef exports and the dramatic hardship it imposed on this country's agricultural community, it became obvious to at least one committed individual that action was needed.

That summer, renowned culinary activist Anita Stewart of Elora, Ont., founded The World's Longest Barbecue. Thousands of Canadians were encouraged to fire up their grills on the August long weekend and support locally produced foods. The event has continued.

"The huge success of that venture has now evolved into Food Day, an annual mid-summer celebration when we share Canada's rich culinary heritage," says Stewart.

She still encourages Canadians to celebrate with friends and family around the barbecue on the Saturday of the long weekend, which this year is July 31.

But beginning this year, she is also recognizing restaurateurs, suppliers, growers and farmers who will join citizens to showcase the depth and breadth of Canada as a culinary nation.

A very important component of this group are restaurants, she says.

"Who makes the difference in Canadian cuisine?" Stewart asks. "Well, quite often the real changes start with the restaurants across the country."

DANIEL HAYDUK/THE CANADIAN PRESS



▶ Chef Rod Butters, owner of RauDZ Regional Table restaurant in Kelowna, B.C., focuses on local and regional ingredients for his restaurant's eclectic menu. He feels strongly that the producers are a major force in the success of his menu.

She contacted restaurateurs and chefs she already knew, and thought if she was lucky she would get 25 or so to participate.

"It became very clear that was not going to be the case. I have 134 really good restaurants signed on," she says with pride.

Stewart says that the establishments she approached and eventually chose "were the ones that walk the walk and talk the talk. They are the ones that give the diner an all-Canadian restaurant experience."

Her list includes restaurants and other food suppliers from all corners of Canada. Every province and one territory is represented.

For example, three Yukon establishments, including Klondike Kate's Restaurant and Cabins in Dawson City, Alpine Organic Bakery in Whitehorse and Inn on the Lake south of Whitehorse are on Stewart's radar.

"So many food people in the boonies have been overlooked, even though they have been labouring in their own little corners of culinary Canada with such passion and utter dedication," she says.

One such eatery that is garnering much attention is RauDZ Regional Table in Kelowna, B.C.

Chef Rod Butters focuses on local and regional ingredients for his restaurant's eclectic menu. He feels strongly that the producers are a major force in the success of his menu.

The focal point of the establishment is a six-metre communal table made of reclaimed Midnight Heart pine. The whole idea is that friends and neighbours enjoy fresh local dishes in a comfortable relaxed space.

"Our patrons have totally embraced regional food," says Butters.

For Food Day, he and his business partner, Audrey Surrao, plan to have a special insert in the menu featuring the harvest of the first summer tomatoes from the area.

"For me, every day is Food Day Canada. It's not something unusual," says Butters. THE CANADIAN PRESS

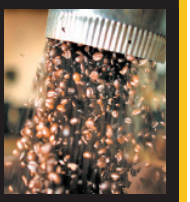
Food Facts

Here are some fascinating Canadian food facts:

- It may be romantic to think that the earliest Europeans came to Canada for furs to clothe the fashionistas of the day. They didn't. They came for fish. Although Basque galleons hunted whales, it was cod that began the story of this country.
- Canada manufactures 84 per cent of the world's maple syrup. There are more than 30 million taps with roughly 15 million trees tapped in Canada. That's about one tap/spile/spout for each Canadian. Each tap yields about 0.8 litre on average.
- Both Jacques Cartier and Samuel de Champlain noted how corn was heavily relied upon as a food source by First Nations people. When these two men explored and chronicled their voyages, there were many types of corn under cultivation such as Dent, flint, flour, sweet and even popcorn.

3 life

Superfood: Coffee



A coffee a day, keeps Alzheimer's at bay.

A research team led by Dr Arendash from the University of Florida found that drinking up to two cups of coffee a day could halt the development of symptoms related to Alzheimers.

"Our mouse studies, human retrospective studies, and caffeine's ability to directly affect the disease process are all pointing to caffeine slowing or reversing Alzheimer's Disease," says Dr Arendash. The research suggests that the caffeine in coffee prevented the production of protein plaques, a direct cause of the disease.

ROMINA MCGUINNESS

ScanLife

Find some recipes that celebrate Canadian produced food

4 sports

Trade: Another Roy, another ace for Phils

Oswalt joins Halladay on reigning National League champions

Three-time all-star Roy Oswalt gave his OK to a trade to Philadelphia from Houston Thursday, becoming the latest ace to join the hard-charging Phillies.

The Astros dealt Oswalt and a sizable amount of cash to the two-time NL champions for pitcher J.A. Happ and two speedy prospects, outfielder Anthony Gose and shortstop Jonathan Villar. Houston then traded Gose to Toronto.

Oswalt joins a rotation that includes star Roy Halladay, acquired from the Blue Jays in the off-season, and Cole Hamels, the 2008 World Series MVP. Oswalt is scheduled to make his debut for the Phillies Friday night, starting at Washington.

"We're trying to do what we can to get back to the World Series and win it," Phillies general manager Ruben Amaro Jr. said.

This was the second straight year the Phillies made a major trade for a pitcher in the days leading up to the July 31 deadline. Last season, they got Cliff Lee and he boosted them to another NL pennant — Lee was then sent to Seattle in a separate deal on the same day the Phillies acquired Halladay.

THE ASSOCIATED PRESS

Big money pitcher

- Oswalt is 143-82 with a 3.24 ERA in 10 seasons with the Astros.
- He is due about $5.33 million US the rest of this season from his $15-million salary and is owed $16 million in 2011.
- Oswalt's contract has a $16-million mutual option for 2012 with a $2-million buyout.

DAVID J. PHILLIP/THE ASSOCIATED PRESS

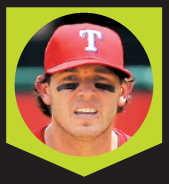


▶ Roy Oswalt was traded Thursday to Philadelphia from Houston.

Up and down

Buck Showalter
The two-time AL Manager of the Year was hired to manage the Baltimore Orioles Thursday, his latest rebuilding project in a career full of them.





Ian Kinsler
The Texas Rangers have placed the second baseman on the 15-day disabled list with a strained left groin.

Blue Jays deal Wallace to Astros

The Toronto Blue Jays have tried on multiple occasions to obtain Anthony Gose, so when the opportunity finally arose this week, they didn't have any problems blowing up their succession plans at first base to get the 19-year-old centre-fielder.

General manager Alex Anthopoulos parted with gilt-edged prospect Brett Wallace — the heir apparent to Lyle Overbay acquired as part of the Roy Halladay deal last November — to acquire Gose from Houston mere hours after the Astros picked him up Thursday from the Philadelphia Phillies in the Roy Oswalt deal.

That the Blue Jays made a deal some 48 hours before Saturday's non-waiver trade deadline came as little surprise, but that Wallace was the player heading out the door was a shocker. Throughout the season it's been a question of when, not if, Wallace replaces free-agent-to-be Overbay, and now he's gone for a player who is likely at least a couple of years away from reaching the majors.

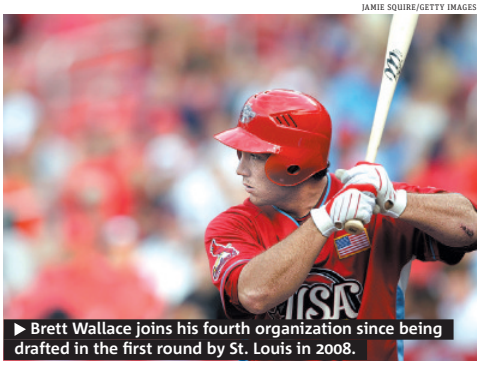
"This was a trade about Anthony Gose," Anthopoulos said on a conference call.

"We've really liked this player quite a bit for quite some time."

THE CANADIAN PRESS

76 A second-round pick in 2008, Gose led all minor-league players with 76 stolen bases in 2009.

JAMIE SQUIRE/GETTY IMAGES



▶ Brett Wallace joins his fourth organization since being drafted in the first round by St. Louis in 2008.



Field of Play

SCOTT RUSSELL



A SOLID FOUNDATION COMES FIRST

Why is the building of a track and field facility for the 2015 Pan American Games in the Golden Horseshoe region of Ontario causing so much consternation?

Why should a professional football team — the Hamilton Tiger Cats — be allowed to determine where and what kind of stadium will be built? This is the age-old debate. What's good for a professional sports franchise doesn't necessarily equate with what's beneficial for a municipality that loves sport.

The Pan American Games are going ahead.

Ontario won the right to host them based on a plan that included a modest stadium for athletics on Hamilton's waterfront.

Organizers should stick to the plan.

This weekend the Canadian Track and Field Championships will be held at the University of Toronto. The best athletes in Canada will run, jump and throw in a smallish stadium that is state-of-the-art for its purpose.

It's not supposed to be the home of the Toronto Argonauts.

Varsity Stadium is attached to an educational institution and is well-used by the community. It's a $16-million track ideally designed for its purpose, much like its $20-million counterpart erected on the grounds of the Université de Moncton that just hosted the IAAF World Junior Track and Field Championships in the visionary province of New Brunswick.

No matter how you want to refer to them, they are centres of excellence where the youth of their respective, surrounding communities can learn the bedrock sport of track and field.

RENE JOHNSTON/TORONTO STAR



▶ Diane Roy races in the 2009 Canadian Track and Field Championships at Varsity Stadium in Toronto.

"Athletics is the foundation," says Lamine Diack, the president of the IAAF. "Young people must first have the opportunity to run and jump and throw, then they can choose to stay with athletics or move to a more specialized sport."

It makes sense. But first communities in this country must show a desire to serve youth and not solely the needs of professional sport.

"Tracks should be maintained," says Diack. "The community should be invited to use them in harmony with other sports that are played in those stadiums."

If Canada wants to be good in track and field at future Olympics and values a healthy population then it requires a commitment to the proper facilities.

The same goes for Pan Am organizers.

In other words, they must build a solid foundation regardless of what professional sports wants.

Canada's Ryder back on the bike this weekend

Less than a week after finishing seventh in the gruelling Tour de France, Canadian Ryder Hesjedal is getting back on his bike for Saturday's one-day San Sebastian Classic.

The 29-year-old from Victoria has packed a lot in since cruising down the Champs-Elysees in the Tour finale last Sunday.



▶ Hesjedal

His Garmin-Transitions team after-party at a Paris club, thrown by sponsor POM, featured a performance by Pharrell Williams and N.E.R.D.

"He's one of the biggest names in music. It was pretty awesome to have him performing, basically, for us — at a party put on for us," said Hesjedal.

Asked if any champagne was sipped, Hesjedal laughed. "There were a few glasses."

The Canadian also caught up with friend and actor Owen Wilson, who was there for the finish of the race.

"A pretty epic day," said Hesjedal.

Then it was off to Biarritz with his fiancée for some time on the beach.

It didn't take long for the lanky Canadian to get noticed. A Biarritz cabbie figured out he was a cyclist, working out who he was pretty quickly.

"I don't see people recognizing and pointing at me but if they realize you're a cyclist, then it doesn't take them much to ask a question," Hesjedal said with a laugh.

One might think that after 3,642 kilometres and more than 92 hours in the saddle — over mountains, cobblestones and flats in the Netherlands, Belgium and France — Hesjedal would want a longer break.

But Hesjedal says he is looking forward to the 234-kilometre Spanish race. One reason might be that he finished fifth there last year.

THE CANADIAN PRESS



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Strasburg lands on disabled list

Rookie right-hander Stephen Strasburg went on the 15-day disabled list Thursday with inflammation in his throwing shoulder, the latest indication of how careful the Washington Nationals are being with their prized pitcher.

"They're taking every precaution with me, obviously," Strasburg said.

It's the first trip to the DL for Strasburg, who was the No. 1 overall pick in the 2009 amateur draft and signed a record $15.1-million US contract.

"If he's 90 per cent healthy, we shut him down," Washington manager Jim Riggleman said.

"He's got to be 100 per cent."

Riggleman said the Nationals expect Strasburg to pitch again for them this season.

It's possible he could begin his road back by playing catch Saturday.

The move to the DL is retroactive to July 22, a day after Strasburg made his last appearance. He was scratched minutes before he was to make his 10th major league start Tuesday, because his right shoulder felt stiff while he was warming up in the bullpen.

An MRI exam taken Tuesday showed Strasburg's shoulder is "totally clean," general manager Mike Rizzo said.

"It's feeling great already. Keep making big strides. So just going to keep getting better, keep getting stronger, and when the time comes, I'm going to be ready to go," Strasburg said.

He's been shut down since Tuesday, resting his shoulder and getting treatment.

The Nationals have said they would end Strasburg's season when he reaches 160 innings between the majors and minors, even if that cap were to come in late August or early September.

THE ASSOCIATED PRESS

Strasburg stats

- Strasburg is 5-2 with a 2.32 ERA, 75 strikeouts and 15 walks in 54 ⅓ innings since making his debut for the Nationals June 8, when he struck out 14 in a victory over Pittsburgh.

Sports in brief

Sens, Regin reach deal

NHL. The Ottawa Senators signed forward Peter Regin to a two-year contract Thursday.

He had 29 points (13 goals, 16 assists) and 20 penalty minutes in 75 games last season. Regin added three goals in six playoff games. The Senators selected Regin with the 87th overall pick of the 2004 NHL entry draft.

THE CANADIAN PRESS

Padres land Tejada in trade

BASEBALL. The NL Westleading San Diego Padres obtained infielder Miguel Tejada and cash from the Baltimore Orioles on Thursday in exchange for Double-A right-hander Wynn Pelzer.

THE ASSOCIATED PRESS

Opinion



BEN RYCROFT
IT'S CALLED FOOTBALL

GROWTH IS GOOD, BUT PLAN FIRST

Canada's soccer landscape is going to look drastically different in just a few years time — whether it's a smouldering mess of a crater or a solid foundation for the future will depend on how the changes to come are managed.

Yesterday, Bob Young, owner of the Hamilton Tiger-Cats and the Carolina Railhawks of the North American Soccer League, announced he was formally tabling an application to bring an NASL expansion team to Hamilton.

For a present NASL owner and someone with significant sway within the group, the announcement is really nothing more than a formality and I'm told approval should come by the end of the year.

What was of interest, and somewhat of a concern, was Young used the opportunity to pitch the Pan Am games (coming to Ontario in 2015) to make soccer the official sport of its new stadium during the games.

Problem is, there is no new stadium yet and the situation there is far more muddled than it was even six months ago.

With the city and Young at odds over everything from funding to location, the olive branch to Pan Am is, to put it bluntly, putting their cap out.

They need the Pan Am money to make their NASL bid work but with no guarantee on that return, Hamilton could easily find itself with a franchise awarded even before it has its stadium issues sorted.

Similarly, as I reported in March, the NASL is actively seeking expansion into several other Canadian cities, including Ottawa.

The capital city now has two suitors chasing that spot.

The first is John Pugh, the owner of the Ottawa Fury — a local Premier Development League team — whose proposal lists 2013 as its entry date.

The other is Neil Malhotra, a local developer, who is targeting 2012 for an arrival.

Sources tell me NASL is once again looking to pull the trigger quickly and a decision will come in early 2011. Even more than the Hamilton stadium situation, both seem awfully fast.

For those of us who baked on the empty open plain that was Canadian soccer in the 1990s, the thought of expansion is exciting — sexy even.

But a sharp smack upside the head is needed for anyone already dreaming up a six-team battle for the Canadian championship.

Don't put the cart before the horse and all that. Hell, shoot the horse and toss the cart in the ditch if it means proper planning will be done.

In no uncertain terms, the NASL should not push these applications through just because it can — otherwise, without the proper vetting, we're going to end up right back where we were — on that vast, empty plain.

The Tooth Doctor©
David J. Halpin, D.D.S.

Dental Sealants For Children. What Parents Need To Know!

While the use of fluoride along with instruction in proper brushing and flossing techniques have spared younger generations from frequent cavity formation, children and adolescents still suffer from one type of cavity at relatively high rates. **These are cavities that occur in molars at the back of the mouth. In fact, although these occlusal surfaces make up just 13% of all tooth surfaces, they account for nearly 90% of cavities in children and adolescents.**

These teeth are prone to cavities because they contain small pits and grooves which may not be cleaned effectively by tooth brushing, resulting in a build-up of bacteria that feeds on food particles, creating an acid that destroys the tooth's enamel.

These types of cavities in children's permanent teeth can be dramatically reduced by the periodic application of dental sealants, one of the least known advances of modern dentistry.

Despite these facts, however, too few children are protected by the application of dental sealants owing to a lack of public awareness of the dental health and economic benefits that can be realized.

Non-toxic and extremely effective, dental sealants have been shown to significantly reduce cavities. Sealants are usually applied after a child reaches the age of six, when the first permanent molars come in. The sealant material can last for 4 to 5 years and can easily be reapplied at our office when it wears off.

Applied to the occlusal surfaces of children's teeth in a simple, non-invasive procedure, dental sealants play a critical role in preventive dentistry.

Sealants are clear, protective coatings which, once applied, cover the tooth's surface preventing bacteria and food particles from settling into the pits and grooves of the tooth. During the application procedure, we will thoroughly clean the teeth, prepare the tooth surfaces for application, and then paint the dental sealant material onto the teeth. **The entire procedure is quick and painless.**

We'd like to encourage readers to ask us about the benefits of dental sealants for their children. They just might ensure that your child grows up with a beautiful, healthy smile!

Yours for better dental health,

Dr. David J. Halpin
B.Sc., D.D.S.

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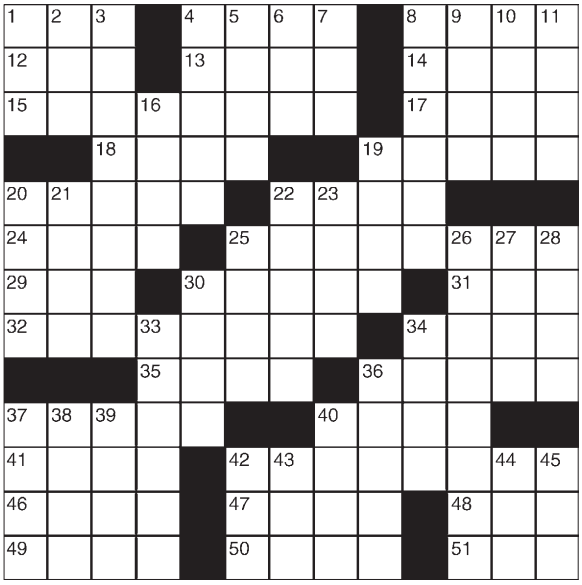
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Crossword



Across
1 Mom-and-pop org.
4 Moolah
8 Privy to
12 Water (Fr.)
13 Vicinity
14 "Forget it"
15 Omens
17 Ganges wrap
18 Wilbur's horse
19 Bygone anesthetic
20 Song of sorrow
22 Amorous look
24 Vanished
25 Encroach
29 Suitable
30 Construction site machine
31 Versatile vehicle
32 Barren
34 "A Death in the Family" writer
35 Nitwit
36 Period of decline
37 Piece of parsley
40 Helps
41 Hodgepodge
42 Covered with browned crumbs
46 Options list
47 Genealogy chart
48 Guitar's kin
49 Tosses in
50 Tackles' teammates
51 Stitch

Down
1 Shell-game need
2 Greek cross
3 Increases
4 "The Price Is Right" emcee
5 Dry
6 Witness
7 Owns
8 Marching properly
9 Ark builder
10 Shrek, e.g.
11 Bleak, in Hollywood
16 Incite
19 Otherwise
20 "Zounds!"
21 Bound along
22 Give a speech
23 Hereditary unit
25 Snare
26 First Roman emperor
27 Goblet feature
28 Leak slowly
30 Stop up
33 Hateful
34 "M*A*S*H" star
36 Paddock pops
37 Cell body
38 Begged
39 Peel
40 On in years
42 Noshed
43 Coffee vessel
44 Mamie's man
45 Fresh

▶ Yesterday's answer

S	P	E	C		B	I	B		S	C	U	M		
C	O	M	O		U	R	I		T	A	P	E		
A	S	I	A		R	A	G		E	R	S	T		
M	Y	R	R	H	S		F	E	E	D				
			S	E	T	F	O	R	L	I	F	E		
L	O	S	E	R		L	O	G		N	O	D		
E	B	O	N		J	U	T		H	A	N	D		
T	O	O		P	A	S		D	E	L	T	A		
S	E	T	O	F	C	H	I	N	A					
		H	U	C	K		R	A	V	I	N	E		
E	M	I	T		P	T	A		I	D	E	S		
L	O	N	G		O	A	T		L	E	A	S		
S	A	G	O		T	I	E		Y	A	L	E		

Sudoku

	1			5	8		2	
9								
				4	7		6	3
7		3		8		1		
			5		6			
		5		9		4		8
8	2		6	1				
								2
	5		4	2			9	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

9	3	5	7	2	1	6	4	8
6	7	1	3	8	4	9	2	5
2	4	8	5	9	6	1	3	7
8	5	7	9	4	3	2	6	1
3	2	6	8	1	5	7	9	4
1	9	4	6	7	2	8	5	3
7	6	3	1	5	9	4	8	2
4	1	9	2	3	8	5	7	6
5	8	2	4	6	7	3	1	9

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DW – Thank you for being not only my best friend, but the amazing man I fell in love with. I know we can have an amazing future together, and I can't wait for a million more adventures with you. I love you so much. xoxo
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Dear jesse, every day with you feels like the first, so amazing and new. I'm always going to be in love with you. **KARI**

Dear, N, Z and M my beautiful 3 older siblings who have always been there for me thru the pretty and the ugly thank you for the advice thru out the years , I hope we always are this close. **N**

To that VIP person I met at MTCC a month ago.I am very much in love with you!!!!You are my soul mate!!! **ME**

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Today: Partly cloudy 23°/ 13°
Saturday: Sunny 24° / 17°
Sunday: Partly cloudy 25°/ 18°

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 19 It's not like you to get emotionally worked up but today something or someone will get you raging. Maybe that's a good thing. Maybe you need to let off some steam.

♉ Taurus April 20-May 21 If something goes wrong today you are advised not to take it seriously. Other people may rant and rave and act as if it's the end of the world but it's not even close.

♊ Gemini May 22-June 21 By all means have high expectations of yourself but don't try to impose those expectations on other people, not even those you think might benefit from a little more direction in their lives.

♋ Cancer June 22-July 22 Today will test your loyalties, both at home and at work, or maybe between home and work. It won't be possible to make everyone happy, so do what makes you happy. That's always the best policy.

♌ Leo July 23-Aug.23 Use your time and energy wisely today, because you don't have as much of either as you would like to believe. Also, when travelling, remember that not everyone thinks or acts as fast as you.

♍ Virgo Aug. 24- Sept. 22 The urge to spend money may be overwhelming today but you've got to fight it because you are going to need that cash over the next two or three weeks.

♎ Libra Sept. 23-Oct. 23 Promise yourself that no matter how much certain people may annoy you today you won't overreact. Take your earphones with you and use them to cut yourself off from the world.

♏ Scorpio Oct. 24-Nov. 22 Try to avoid situations that confuse you today because no matter which way you look at what's going on it won't make much sense.

♐ Sagittarius Nov. 23-Dec. 21 Other people won't take kindly to anyone trying to tell them what to do today. Yes, that means you! It may be that you know best but that's not the point — the point is that everyone should be free to make their own mistakes.

♑ Capricorn Dec. 22-Jan. 20 You may be tempted to force an issue that up until now you have left alone but it's unlikely to work. If you push too hard others will push right back at you.

♒ Aquarius Jan. 21-Feb. 18 You will be the center of attention today, hopefully but not necessarily for the right reasons. It will be difficult for you to deny what you've been up to.

♓ Pisces Feb. 19-March 20 You will have to tighten your belt today and over the weekend, and you may even have to sell off some of those luxury items you bought when times were good so you can make needs meet now. **SALLY BROMPTON**

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KELLY WILKINSON/THE ASSOCIATED PRESS



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